

SENIOR Times

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



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

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Southwestern Pennsylvania Area Agency on Aging, Inc.

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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.

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HAPPY BIRTHDAY America 250 YEARS



Property Tax/Rent Rebate application open through December 31

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 extended deadline to submit your rebate application is December 31, 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.

FARMER'S ALMANAC July 2026 Temp. 74° (3° above avg. east, 1° above west); precip. 4.5" (1" above avg. east, 1" below west). 1-8 Scattered t-storms, then sunny; becoming hot. 9-16 T-storms, warm. 17-18 Heavy rain east, sunny west; warm. 19-30 Sunny, then t-storms; cool, then warmer.

NOTICE OF PUBLIC MEETINGS The Southwestern PA Area Agency on Aging, Inc., Board of Directors will meet on the following dates in 2026: September 1 November 19 December 1 The Southwestern PA Area Agency on Aging, Inc., Advisory Council will meet on the following dates in 2026: September 16 October 21 December 9 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.

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 Washington County: (724) 228-7080 AAA Fayette County: (724) 430-4603 AAA Administrative Office: 1-888-300-2704 AAA Greene County: (724) 852-1510

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.

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.



The America 250 History Trivia Contest, sponsored by Aging Services of Washington County and Southwestern Pennsylvania Area Agency on Aging, Inc., was held on June 18, 2026 at the Trinity High School in Washington, PA. Six teams from area senior centers including Bentleyville Senior Center, Burgettstown Senior Center, Canonsburg Senior Center, Chartiers Township Satellite Center, McDonald-Cecil Senior Center and Washington Area Senior Center. Former Washington County Commissioner J. Bracken Burns was the moderator. The Washington County Commissioner, Nick Sherman, Electra Janis, and Larry Maggi were the official judges. Each contest participant received an America 250 commemorative coin. The Bentleyville Senior Center team won the contest, and they are pictured above with the contest moderator, co-host and judges.

National Senior Health & Fitness Day "Move a Little ... Live a Lot"

National Senior Health and Fitness Day is the nation's largest annual older adult health and wellness event. On Wednesday, May 27, 2026, eighty older adults participated in a local National Senior Health & Fitness Day event at the Washington Health System, UPMC, Wilfred R. Cameron Wellness Center in Washington, PA. There were numerous exercise classes, including chair yoga, fit and flex, and Tai Chi. The staff of UPMC Wellness Center made all the classes fun and designed for older participants. There was also a well-attended Nutrition Talk and ways to avoid ultra processed foods. Lunch was provided by Metz Culinary Management. UPMC sponsored the breakfast, giveaways and the T-shirts. The event was organized by Aging Services of Washington County and the Southwestern Pennsylvania Area Agency on Aging, Inc.



IF IT WASN'T FOR A SECOND OPINION I MIGHT NOT BE HERE TODAY. CLARENCE D. | BLOOD CANCER PATIENT When Clarence was told there were no more treatment options for his lymphoma, he turned to UPMC Hillman Cancer Center—one of the region's only NCI-Designated Comprehensive Cancer Centers. Here, he found access to cutting-edge clinical trials, groundbreaking treatments, and world-renowned cancer experts. Discover the power of hope at UPMCHillman.com/SecondOpinion. NCI Designated Comprehensive Cancer Center UPMC HILLMAN CANCER CENTER Affiliated with the University of Pittsburgh Health Sciences

Co-hosted by:
 State Senator Camera Bartolotta,
 State Representative Tim O'Neal, and the
 Washington County Commissioners
 Nick Sherman, Electra S. Janis, and Larry Maggi

2026 Washington County SENIOR EXPO
SEPTEMBER 24
10 AM - 1:30 PM
 WASHINGTON COUNTY FAIRGROUNDS
 2151 N Main Street, Washington PA 15301

The 2026 Washington County Senior Expo will take place at a new location this year - the Washington County Fairgrounds - on Thursday, September 24, from 10:00 AM to 1:30 PM.

It is through the participation of community agencies, organizations, and businesses that we can provide valuable information and services to mature adults who attend the Senior Expo—the largest annual event of its kind in Washington County.

We hope you will join us for the 2026 Washington County Senior Expo!



Sheryl R. Heid,
 Attorney at Law

Have you recently lost a loved one and need help settling the estate?
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Veteran Spotlight



VA Celebrates America 250

In 2026, the United States will celebrate the 250th anniversary of its independence. While this will be the Department of Veterans Affairs' first national anniversary since becoming a cabinet-level department in 1989, its predecessor organiza-

tions, including the National Home for Disabled Volunteer Soldiers, the Pension Bureau, the Veterans Bureau, and the Veterans Administration, routinely participated in the nation's previous anniversary celebrations. Each served to honor the

contributions of American Veterans in preserving our freedom.

You can view stories on how VA and Its Predecessors Celebrated the Nation's Independence at 100, 150, and 200 years at <https://department.va.gov/history/freedom-250/>



Celebrating 250 Years of American History



On July 4, 2026, our nation will celebrate a significant milestone: 250 years of American Independence. This pivotal moment offers an opportunity to reflect on our country's past, cultivate a renewed appreciation for American history, explore the beauty of our nation, and ignite a spirit of adventure and innovation that will elevate our country to new heights for generations to come.

The Pennsylvania Commission for the United States Semiquincentennial (America250PA) was established by the legislature and Governor in 2018 to plan, encourage, develop and coordinate the commemoration of the 250th anniversary of the founding of the United States, Pennsylvania's integral role in that event, and the impact of its people on the nation's past, present, and future.

The Campaign theme is Educate, Preserve, Innovate, and Celebrate. Celebrations will be held on July 4th all around the country as well as Signature Events held July - November. You can view the signature events at https://america250pa.org/Signature_Events

As we commemorate 250 years of American independence, we are reminded that history is more than dates and events—it is the story of the people and communities that have shaped our nation. Whether by attending a local celebration, exploring a historic site, or learning more about our shared heritage, everyone can take part in honoring this remarkable milestone. Together, let us celebrate the past, appreciate the present, and inspire the future for generations to come.

Source: <https://www.archives.gov/freedom250>

PA Senior Farmers Market Nutrition Program vouchers available

Senior Farmers Market Nutrition Program (SFMNP) vouchers are available throughout Fayette, Greene and Washington Counties to eligible individuals who are 60 years of age or older by Dec. 31, 2026.

The program provides five \$5 vouchers, totaling \$25, to eligible seniors one time during the program year. In-person only distribution of vouchers will be

offered at local senior community centers and other locations throughout Fayette, Greene and Washington Counties. Please see the county distribution schedule listed to the right.

An eligible individual's gross income includes interest, Social Security, wages, Black Lung, Unemployment Compensation etc., and must be at or below \$29,526. For two persons in a household,

the income may be \$40,034.

The Pennsylvania SFMNP is a cooperative effort between the Pennsylvania Department of Agriculture, the Southwestern PA Area Agency on Aging, senior community centers and other distribution sites to support the nutrition of older adults, as well as to support the economic needs of Pennsylvania farmers by stimulating sales at local

farmer's markets. Seniors living in nursing or residential facilities, where meals are provided, are not eligible for the program.

The vouchers are redeemable only at participating farmers' market/vendor sites. Look for the PA Preferred logo when you visit a local farmers' market to purchase fruits and vegetables grown in Pennsylvania.

To find a farmers' market or farm stand with eligible farmers, please download the FMNP app, available at no cost in the Google Play store and the Apple Store Search for PA FMNP farmers market locator and download the app. You can also find a list of participating farmers markets at the SFMNP website: www.PAFMNP.org. **For additional information, please contact your local senior community center.**

Senior Golf Tournament 2026
 Gold Medalist Champions | 2026 Senior Golf Tournament
 Southwestern Pennsylvania Area Agency on Aging, Inc.

	MEN <i>(by age category)</i>	WOMEN <i>(by age category)</i>
50-54	None	None
55-59	Jim Lojek	None
60-64	Joe Alison	Susie Irej
65-69	Jack Scarborough	Linda Ritizer
70-74	Gary Hajdu	Ruth Bartos
75-79	Bob Peton	None
80-84	Lloyd Shawley	None
85-89	Jack Smaroff	Ruth Raspet
90+	None	None

SKILLS PRIZES	HOLE 4: LONGEST DRIVE	HOLD 17: CLOSEST TO THE PIN
	Male: Art Lent Female: Susie Irej	Male: David Stotka Female: Susie Irej

The 46th Annual Senior Golf Tournament hosted by the Southwestern Pennsylvania Area Agency on Aging took place on Tuesday, May 19, 2026, at the Chipewea Golf Club in Bentleyville. The SWPA AAA, Inc. would like to thank everyone involved in making the 2026 Senior Golf Tournament a success.

GREENE COUNTY
Please note that all distributions are in-person only at the listed sites.

Bobtown Satellite Center Wed, July 8, 9:30 a.m. - 10:30 a.m.	Mt. Morris Satellite Cntr Wed, July 8, 10:45 a.m. - 12:00 p.m.
Carmichaels Senior Community Center Tue, July 7, 9:30 a.m. - 11:00 a.m.	Waynesburg Senior Center Fri, July 10, 10:00 a.m. - 11:30 a.m.
Jefferson Satellite Center Wed, July 1, 10:00 a.m. - 11:00 a.m.	West Greene Satellite Center Thu, July 2, 10:00 a.m. - 11:00 a.m.

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

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UNIONTOWN HOSPITAL

WVU Medicine

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when I started
having knee pain.”**

Andrea Michaux
Connellsville



**Now I'm
singing
his praises.”**

WVUMedicine.org/Uniontown



Jason Kinney, MD
Orthopedic Surgeon

Medicare Cost Assistance Programs

Medicare provides essential health coverage. But many beneficiaries still face challenges paying for premiums, deductibles, copayments, and prescription drugs. Fortunately, several Medicare cost assistance programs exist to help people with limited income reduce these expenses and improve access to needed medical care.

Four key programs that can provide significant financial relief: Medicare Savings Programs, Extra Help, State Pharmaceutical Assistance Programs, and Medicaid.

What are Medicare Savings Programs?

Medicare Savings Programs (MSPs) are state administered programs that help people with limited income pay Medicare costs, most commonly the Part B premium. In addition to premium assistance, MSPs offer important enrollment protections.

Key benefits of MSPs

- Payment of the Medicare Part B premium
- Enrollment in Medicare Part B outside usual enrollment periods
- Elimination of any Part B late enrollment penalty
- Automatic enrollment into the Extra Help program for prescription drugs

Common types of Medicare Savings Programs

- Qualified Medicare Beneficiary (QMB)
 - o Pays Medicare Part A and Part B premiums
 - o Covers Medicare deductibles, coinsurance, and copayments
 - o Providers are prohibited by federal law from billing individuals enrolled in QMB

- Specified Low Income Medicare Beneficiary

- SLMB
 - o Pays Medicare Part B premiums only
- Qualifying Individual (QI)
 - o Pays Medicare Part B premiums
 - o Limited funding; enrollment may be capped each year
- Qualified Disabled Working Individual (QDWI)
 - o Pays Medicare Part A premiums
 - o Must be disabled, under 65 years of age, and have returned to work and lost your premium-free Part A coverage

What is Extra Help (Part D Low Income Subsidy)?

Extra Help, also called the Part D Low Income Subsidy (LIS), is a federal program that reduces the cost of Medicare prescription drug coverage.

Extra Help benefits

- Pays the Part D premium up to a state specific benchmark
- Reduces prescription drug copayments
- Eliminates the Part D late enrollment penalty
- Provides a monthly Special Enrollment Period (SEP) to enroll in or change a stand alone Part D plan

Extra Help can substantially lower prescription drug costs throughout the year.

What are State Pharmaceutical Assistance Programs (SPAPs)?

Many states offer State Pharmaceutical Assistance Programs (SPAPs) that help residents pay for prescription drugs. These programs vary by state and may coordinate with Medicare Part D.

SPAPs May Help With:

- Part D premiums
- Deductibles

- Copayments
 - o Some states have qualified SPAPs, which provide beneficiaries with a Special Enrollment Period (SEP). This SEP allows individuals to enroll in or make changes to their Medicare Part D or Medicare Advantage coverage outside standard enrollment periods.

For Pennsylvania residents who are 65 years of age or older call: 1-866-712-2060 for the PA Pharmaceutical Assistance Contract for the Elderly (PACE) program.

Medicaid and Medicare

For individuals eligible for both Medicare and Medicaid (often referred to as dually eligible), Medicaid can help cover costs that Medicare does not fully pay.

How Medicaid works with Medicare

- Secondary insurance: Medicaid may pay Medicare coinsurance and copayments.
- Premium assistance: Individuals eligible for both programs are automatically enrolled in a Medicare Savings Program.
- Prescription drug assistance: Dually eligible beneficiaries are automatically enrolled in Extra Help.
- Care coordination: Some states require enrollment in Medicaid Managed Care (MMC) plans, which may offer options to coordinate care through specialized Medicare Advantage plans.

This coordination can reduce costs and simplify care for beneficiaries with complex needs.

This article was taken in excerpts from ncoa (National Council on Aging).

www.spartansurg.com

**SPARTAN HEALTH
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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.



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- State-of-the-art equipment and procedures
- Joint Commission Accredited
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- Gastroenterology
- Orthopaedics
- General Surgery
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★ Making a Difference

Building Bridges: Connecting with Loved Ones in Long-Term Care

Moving a family member into a long-term care facility is a major transition, and finding ways to connect can sometimes feel overwhelming. A few simple adjustments to your visits can make a world of difference. Effective communication in their new home is all about creating a comfortable, patient, and respectful environment where your loved one feels truly heard. Building that comfort begins the moment you enter the room. Greet them warmly and gauge how they are doing right away. If they seem exhausted or unwell, be gentle and offer to visit later when they have more energy. Respect their privacy by asking if they prefer to talk alone or if it is okay to chat in front of roommates or other visitors. Easing into the conversation with light small talk about the day's weather, family photos, or local news helps them transition into the visit naturally. Your physical positioning and the surrounding environment also play a massive role. Pull up a chair so that you are sitting at eye level rather than standing over them, and maintain steady, warm eye contact. Care facilities can be busy, so reduce background noise by asking to turn down the television or radio. Speak slowly and clearly, as your loved one might rely on reading your lips to help them hear. Shouting can distort your voice and feel alarming, so try leaning gently toward their better side instead. Do not hesitate to ask them directly what you can do to help them hear or see better. Their hearing aid might be sitting out of reach on a bedside table, or perhaps it needs a quick battery check from the facility staff. If they have a visual impairment, always offer to read letters aloud to them. It is also helpful to carry a notepad and a dark marker so you can print out words if they are struggling to catch your meaning. Above all, be patient. Give your loved one plenty of time to process questions and express thoughts without rushing. Respect their opinions and their right to disagree with you. You are there to understand their concerns and support their journey. Before you head home, leave a family photo or a small note on their nightstand as a comforting reminder of your visit. For questions or free support navigating long-term care issues, contact your local Long-Term Care Ombudsman at: Fayette and Greene County: 1-855-450-2274 Mon Valley and Washington County: 1-844-507-889

Caregiver's Corner



Summer Brings Opportunities and Challenges for Caregivers

As summer arrives, many families look forward to vacations, outdoor activities, and spending more time together. For caregivers, however, the season often brings a different set of responsibilities and considerations. Whether caring for an aging parent, spouse, or loved one with health challenges, caregivers must balance summer enjoyment with ensuring the safety and well-being of those they support.

Warmer temperatures can also pose significant health risks for older adults. Seniors are more vulnerable to heat-related illnesses such as dehydration, heat exhaustion, and heat stroke. Caregivers can help reduce these risks by encouraging regular fluid intake, ensuring access to air-conditioned environments, and scheduling outdoor activities during cooler morning or evening hours. Monitoring medications is also important, as some prescriptions can increase sensitivity to heat and sun exposure.

Summer can provide valuable opportunities for social engagement. Community events, outdoor concerts, farmers markets, and family gatherings offer meaningful ways for older adults to stay connected and active. Caregivers can support participation by planning transportation, considering accessibility needs, and selecting activities that match their loved one's interests and abilities.

For caregivers themselves, summer can be a reminder of the importance of self-care. The demands of caregiving often leave little time for personal relaxation and recreation. Taking advantage of respite services, support groups, or assistance from family and friends can allow caregivers to recharge. Even short breaks to enjoy outdoor activities, spend time with loved ones, or pursue hobbies can help reduce stress and prevent burnout. The Southwestern Pennsylvania Area Agency on Aging offers several caregiver support groups each month in various locations throughout our service area, which are included in this section of the publication.

As the season unfolds, caregivers are encouraged to embrace the opportunities summer offers while remaining mindful of potential challenges. With thoughtful planning and attention to safety, both caregivers and care recipients can enjoy the benefits of the season and create meaningful memories together. Summer serves as a reminder that caregiving is not only about meeting daily needs but also about enhancing quality of life and fostering connection.



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	



and



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FREE TO OLDER ADULTS

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.



Your Financial Future

Gary W. Boatman
MBA, CFP

As America prepares to celebrate its 250th anniversary, many seniors have a unique opportunity to reflect on the freedoms, opportunities, and accomplishments that have shaped both our nation and our personal lives. Just as our country's founders worked to build a secure future for generations to come, today's retirees can honor that legacy by taking steps to put their own affairs in order. Whether it's reviewing finances, updating estate plans, organizing important documents, or discussing wishes with family members, a little planning today can provide greater independence, confidence, and peace of mind for the years ahead.

Some decisions that seniors make can have severe financial consequences that last years. I have seen people who took on large amounts of debt to remodel homes or build large garages. These mortgage payments sometimes make it nearly impossible to retire. Also, decisions such as when to start receiving Social Security income can reduce family income for decades. This is why it is important to think with the

end in view and not just the immediate time. Probably the number one reason that someone in their early 60's may not be able to retire is the cost of health insurance if they do not qualify for Medicare.

There are several major risks that people take that could ruin their retirement. The first is sequence of return risk. Many people are invested in the stock market. While this can produce good returns, we have been spoiled by the lack of major correction for the last twenty years. It is normal for markets to rise and fall. If this happens right before or early in retirement, your finances may not be able to recover. Guard against this by using a portion of your money to generate guaranteed income and then you may be able to invest in the balance more aggressively if that matches your risk tolerance.

Be sure that all your beneficiary designations are up to date. There have been horror stories where an ex-spouse was not changed and inherited balances that should have gone to someone else. These are easy to change before something happens, but impossible to change later. Beneficiary designation controls where



the money will go and not a will. While many children have powers of attorney for elderly parents, an often-overlooked need might be for college age students. Because of HIPPA rules, parents may not be able to get information or help make choices for their children over eighteen without a POA.

There are many financial decisions that affect how good a retirement can be. You usually can't fix all of them at once. You need to do an honest assessment of your financial situation to determine where you need change. Start with the basics such as having an emergency fund and paying down your debts. Start taking little steps to improve the different financial areas in your life. Remember things are different when you are in the distribution phase of retirement.

Taxes, risk profile, coordinating with Social Security and many other things are different than during your working years. Do not be afraid to reach out to a retirement specialist if you need help.

The 250th anniversary of America is more than a celebration of our nation's past; it's also a reminder to prepare wisely for the future. By taking the time to organize your financial, legal, and personal affairs, you can help protect the people and values that matter most to you. True independence comes not only from the freedoms we enjoy as Americans, but also from the confidence that comes with knowing our own lives are in order. There is no better time than this historic year to make your own declaration of financial and personal independence.

July 4th Safety Tips

As we get ready to celebrate Independence Day, many of us plan to attend fireworks displays, a backyard picnic, or perhaps enjoy fun at the beach. U.S. Customs and Border Protection offer these safety tips so you can enjoy a fun-packed, safe 4th of July holiday.

Fireworks Safety

The safest way to enjoy fireworks is to attend a public firework show put on by professionals. Stay at least 500 feet away from the show. Many states outlaw most fireworks. Leave any area immediately where untrained amateurs are using fireworks.

Picnic Safety

When enjoying a picnic, practice safe food handling by washing your hands before preparing food and keeping perishable items in a cooler with plenty of ice or freezer gel packs. Never leave food sitting in the hot sun. If using a grill, always cook outdoors in an open area away from the house, deck, tree branches, or other flammable materials. Never leave a grill unattended, and do not add charcoal starter fluid to already ignited coals. Use long-handled grilling tools to help prevent burns, and make sure children and pets stay a safe distance away from the grill. After grilling, allow charcoal

and ashes to cool completely, then wrap them in aluminum foil before disposing of them in a non-combustible outdoor trash receptacle.

Beach Safety

When visiting the beach, pay close attention to weather conditions and leave the water immediately at the first sign of lightning or sound of thunder. Remain indoors and away from the water for at least 30 minutes after the last lightning flash or thunderclap. Swim only in designated areas supervised by lifeguards, follow all posted rules and instructions, and ask lifeguards about local water conditions. Always designate a responsible adult to closely supervise everyone in and around the water, especially young children. Children, inexperienced swimmers, and boaters should wear properly fitted U.S. Coast Guard-approved life jackets. To prevent serious injuries, avoid diving headfirst into unknown waters, enter the water carefully, and stay alert for aquatic life. If caught in a rip current, remain calm and do not fight the current. Instead, swim parallel to the shore until you are out of it, then swim back to shore. If you cannot swim, float or tread water then signal for help by waving and calling out.

Source: <https://www.cbp.gov>

Recipe of the month

Chicken Salad

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

Ingredients

- 3-1/4 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.

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




HEALTHY LIVES

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Celebrate America's 250TH Birthday

by Cindy Bartolotta
 Hard to believe America has turned 250 years old. She's been through a lot, but always manages to shake it off and stand proud. Continue to support her! PS. Take the unused letters as they are to form some words of support! Long may she stand.

W E S E M I Q U I N C E N T E N N I A L V
 R E P R E S E N T A T I O N E E D A R A P
 E S S E C O R P E U D C S K R O W E R I F
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| AMENDMENTS | ENGLAND | PARADE |
| AMERICA | FIREWORKS | PATRIOTIC |
| BILL OF RIGHTS | FLAG | PHILADELPHIA |
| BIRTHDAY | FOUNDERS | REPRESENTATION |
| BOSTON | FREEDOM | REVOLUTION |
| CELEBRATION | GOVERNMENT | SEMIQUINCENTENNIAL |
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Senior Community Center Notes

FAYETTE COUNTY

BROWNFIELD
291 Banning Road
Dawson, 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 each month, ten games of bingo are called... On the third Wednesday of the month, we enjoy cake to celebrate birthdays. Happy July Birthday to Shirley Christner... Happy Anniversary to Eleanor and John Butela and Carol and Russell Kuhns...

BROWNSVILLE
CROSSKEYS
302 Shaffner Ave

-Lisa Wilson

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Uniontown PA 15401

Please call 724.437.8659



Brownsville, PA 15417
724-785-6180

-Stephanie Crable

... On July 2, we will celebrate 250 years of America with lunch on the porch... On Tuesdays this month, we will celebrate with Red, White and Bingo at 10 a.m. Please call to reserve your spot to enjoy this fun-filled bingo with us... If you haven't had a chance to stop by and see our renovated center, now is the time!... We're looking for anyone interested in starting a Wii bowling league and a card club. It would be fantastic to get together a couple of times a month with friends... Lunch is available Monday through Friday and is served between 11 and 11:30 a.m... Hope to see you all soon...

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 July 6, Grocery Bingo will be called starting at 10 a.m... On July 11, 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 5 eat for free. It is dine in or take out... On July 13 and 30, we will enjoy a nutritional talk at 10:30 a.m... On July 14, April Michaels will present a program about bullying awareness at 10:30 a.m... On July 16, DJ Mike will join us from 9:45 to 11:00 a.m... On July 20, we will enjoy trivia with Joe at 10:30 a.m... On July 23, April Michaels will join us again for a presentation on sexual harassment... On July 27, Bonus Bingo will be called following lunch... Follow us on Facebook at BullsSkin Township Senior Center for more information...

CENTER ON THE HILL
100 Summit Road
Belle Vernon, PA 15012
724-930-8512

-Rick Swaney

... Are you ready for some sizzling summer fun?... On July 24, join us for our summer picnic, and enjoy food, fellowship, and fun. DJ Dennis will join us from 10 a.m. to 12 p.m. Lunch will be provided. Sign up by July 17. Contact the Center to let them know you will be attending... On Mondays, bingo is called at 10 a.m. and Euchre is played at 12:30 p.m. Both are open to the public, so bring a friend and enjoy the fun!... Join us Tuesdays from 9 a.m. to 12 p.m. to practice your strikes with Wii bowling. Also, on Tuesdays, enjoy our new chair exercise program at 10 a.m... On Wednesdays, we enjoy 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, or catch the afternoon session of chair exercises at 1 p.m... On Thursdays, Pinochle Club plays at 12:30 p.m. They are currently looking for new members. Come out and have some fun... One Thursday per month, the Canasta Club plays. Call Darlene Ondrejiko at 724-929-7263 for more details... Monday through Friday is a great time to assemble puzzles, read a book, or just enjoy a cup of coffee and fellowship followed by lunch... Stop by and see Roxi at the beauty shop on Thursdays during normal business hours for cuts, wash, and sets. Need a perm or color, call and make an appointment at 724-812-2560... 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... 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!...

FAIRCHANCE CENTER IN THE BANK
67 West Church Street
Fairchance, PA 15436
724-564-0600

-Geraldine Bricker

... Greetings... Well, here we are in July already. The year is halfway over... Don't forget to use your Farmers Market Nutrition Program vouchers to get fresh fruit and vegetables... We are open on Fridays from 10 a.m. to 2 p.m... In June, we enjoyed speakers from AmeriHealth, Fayette County Community Action Agency, The Crime Center, and SeniorLIFE. They spoke with us about many important topics... Enjoy your Summer and have a happy and safe Fourth of July. It commemorates the adoption of the Declaration of Independence on July 4, 1776... Until next month. Be safe and God Bless...

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

-Donella Blair & Laurie Crawford

... July is here, and that means it's time to celebrate our great country's birthday and enjoy a month full of fun, food, music, and

fellowship with friends old and new... Kick off the month with our Fourth of July ticket drawing for a chance to win. Don't miss your chance to win big... Everyone loves Marianna's George Horr, Nora Hufna-hoagies, and our sale isgel, Lily Marsh, Bill Nich-wrapping up soon. Ordersolson, Charlotte Saylor, are due by July 10, so hur-Marlene Show and Patricia ry and get yours before it'sTeter... On July 9 at 10:30 too late... This month we'rea.m., April Michaels will excited to welcome 2 Jollyjoin us for a presentation Hearts and The Eberhartabout sexual harassment... Band. Come enjoy greatOn July 21, Barbara Pon-music, good company, andterio from AmeriHealth a lively atmosphere... Joinwill visit us... On July 10 us every week for Bingociseand 11, we will host a Ga-and fellowship activities...rage/bake sale and cook-A delicious lunch is servedout from 9 a.m. to 2 p.m... Monday through Friday. AOur center has an on-going \$2 donation is suggested...flea market for members Come join us for the per-and guests to shop. If you fect chance to relax, laugh,have items you would like and make new memoriesto donate, bring them to with great friends... the center on any Tuesday or Thursday... Our center accepts used batteries for recycling...

MOUNTAIN CITIZENS
Box 105
Farmington, PA 15437
724-329-4260

-Wanda Sherry

... Welcome to July 2026 in the beautiful Laurel High-lands and surrounding area... This is the perfect time to visit Ohiopyle for a wildflower hike and have lunch at one of the fine restaurants in the area... Our center opens every Tuesday and Thursday at 9 a.m. with a delicious, pre-planned 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 July birthday table will be decorated by Shirley Fabian and Mary Jane Smith. Our birthday celebrants this month are Beverly Diehl,

Senior Community Center Notes

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

-Moir Kirk

... Welcome July... All are welcome to join us here for fun activities and great company... This month we celebrate the Fourth of July and America's 250th birthday!... Lunch is served Monday through Friday at 12 p.m. Call the day before by 12 p.m. to reserve your lunch... On Mondays, Wednesdays, and Fridays, bingo is called from 10 a.m. to 2 p.m... On Tuesdays and Thursdays, card club meets at 12:30 p.m... Every other Wednesday we enjoy guest speakers from Fay-

ette County Community Action Agency, who join us for fun games and healthy topics... We occasionally enjoy chair exercises at 11:30 a.m. before lunch... We are hoping to start a ceramics class. If anyone would be interested, please call the Center... We hope everyone has a blessed and beautiful summertime...

SMITHFIELD COLONIALS
14 Water Street
Smithfield, PA 15478
724-833-4371

-Janice Woods

... Happy birthday America! It's time to get dressed in your favorite red, white, and blue and get ready for an amazing celebration.

See a parade, go to a community event, find a fire-work display and be proud of our nation... On July 2, we will enjoy an Independence Day program hosted by Paul and Patty Ann Burchard and Sandy Stewart... Congratulations to our birthday and anniversary celebrants. Best wishes for many more to come... On July 9, try your luck with Louise's 50/50 and Elaine's Basket Raffle. Then its exercise time with Janice and the happy pool noodles... On July 14, we will enjoy breakfast at Jamie Lynn's at 10 a.m. Join us and bring a friend... On July 16, Kiara from SeniorLIFE will present a program full of advice and information for us... On July 23, Steve will call crazy bingo... On July 30, we enjoy game day with cards and our favorite board games... We meet

every Thursday at the Center at 10 a.m...

UNIONTOWN
137 N. Beeson Avenue
Uniontown, PA 15401
724-437-6050

-Rena Dickinson

... It's bright and sunny outside and full of fun inside... Join us at the Center for days of activities, guest speakers, bingo and more... Lunch is served Monday through Friday at 11:30 a.m... The exercise room is open Monday through Friday... Every Wednesday, the Center will enjoy an activity from 3 to 5 p.m. Call for the activity of the day at 724-430-3017... On July 2, we will enjoy an Independence Day 250th Celebration. Lexi's Lemonade will be here along with other food and activities. Join us for a day of fun and wear your red, white, and blue...

GREENE COUNTY

GREENE COUNTY BOBTOWN
Box 46/ 777 Larimer Avenue
Bobtown, PA 15315
724-839-7289

-Stacy Stroman

... Celebrate the sunshine with us this July at the Center. We are open on Wednesdays... We enjoy good food, activities, and time to enjoy one another's company... On July 8, Farmers Market Nutrition Program vouchers will be distributed from 9:30 to 10:30 a.m... On September 12, at 10 a.m., our 2nd annual car show will be held. Refreshments and raffle tickets will be available to purchase. We hope you'll stop in and spend part of your day with us...

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- "This will truly improve my quality of life."

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Senior Community Center Notes

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

-Stacy Stroman

... Let's kick off the summer together... Join us at the Center for laughter, activities, and great company... We're open Monday through Friday, from 8:30 a.m. to 1:30 p.m. and lunch is served at 11:30 a.m... We offer pool on Monday, Wednesday, and Friday mornings. We have added a third billiard table... Bingo is called Monday through Friday at 11 a.m... Exercise equipment is available for use... On July 7, Farmers Market Nutrition Program vouchers will be distributed from 9:30 to 11 a.m... Bring a friend or make a new one. All are welcome!

JEFFERSON
190 Washington Street
Jefferson, PA 15344

-Colleen Valosen

... Can you believe that 2026 is halfway over... On July 1, we will celebrate our nation's 250th as we don our red, white, and blue and receive a ticket for a

drawing just by doing so. Once you're in the door, be ready to decorate your usual table. We'll see how well you know our Country's history with the fun quiz we have planned. Happy Fourth of July everyone... On July 8, we'll ask everyone to write three statements about themselves, two that state the truth, and one that's a lie. Guess the lie day will tell us who our good liars are. Think you're one of them, we'll see!... On July 15, our center will be the place to be as we feature Ice Cream Cone Day. Apparently, there are many types of cones these days, who knew. Drop in and see what kinds we're able to find and enjoy playing the cone game we discovered. No dripping allowed!... The site council has talent galore when it comes to thinking up new themes for our Wednesdays. However, on July 22, strips of paper will be distributed so members and friends can suggest themes that haven't been used yet. When we read them out loud, we'll

try to guess whose suggestion it was. Suggest a theme day should fill our stash of upcoming themes... On July 29, celebrate rain day in Waynesburg, and it's a Wednesday this year! So, if you're not planning a day in our county seat waiting for the first raindrop to fall, drop in for some dry activities with us. The best decorated umbrella is on the agenda and if you wear rain gear that day, you'll receive a ticket for a drawing and a wet prize. Would sponge cake be appropriate for our welcome table that day? How about meringue cookies that look like clouds? Let's hope it rains in Waynesburg and we enjoy whatever front comes through Jefferson... July looks like the perfect month to enjoy our center. Get out of the house, cherish the opportunity to talk with friends your age, and smile a little, or a lot. We're lucky to have each other, so take advantage of it...

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

-Stacy Stroman

... You're invited to join us at the Center this July for a month filled with connection, conversation, and community... 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 July 8, Farmers Market Nutrition Program vouchers will be distributed from 10:45 a.m. to 12 p.m... On July 15, Breathe PA will present a program at 10:45 a.m... On July 17, Health Choices Medicaid will present a program at 10:15 a.m... Come share the sunshine with us...

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

-Betty Grove

... Welcome Summer and great weather... On July 2, we will enjoy a 250th birthday party with the Carmichaels Senior Community Center. We will enjoy games and great food... On the first Thursday of every month, we show an Oldies concert music DVD... On the second Thursday of every month, we watch movies. This month we will enjoy the movie "Courageous"... On the third Thursday of every month, we enjoy a game day... On the fourth Thursday of every month, we enjoy craft fellowship... Come down and enjoy. God Bless...

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

-Jean Wise

... Happy Fourth of July to all. We are looking forward to celebrating the Fourth

of July on the 250th birthday of America. Did you know in America over 150 million hot dogs are eaten on the Fourth of July?... We wish our cook Sandy Wright a long, healthy, and happy retirement... We welcome our new cook Rose Moore and wish her the best... On Thursdays we meet from 9 a.m. to 2 p.m. Lunch is served at 11:30 a.m. We enjoy card games, Farkel, bingo, and good story telling

WASHINGTON COUNTY

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

-Renee Presto

... It's July when some of the best memories are made in flip flops... The Center is open Monday through Friday from 8:30 a.m. to 4:00 p.m... Lunch is served Monday through Friday at 11:30 a.m. Starting July 1, SPHS Aging Services will be providing our lunches. All our meals will be coming from the central kitchen at an offsite location. We are extremely excited about the new menu and would love to have you check it out. Please call 724-377-0000 to make your reservation by 12 p.m. the day before to reserve your meal... Starting off the month, Bridget from SeniorLIFE will host Grocery Bingo starting at 12:15 p.m... On July 6, Tyffini from Caring Mission will conduct blood pressure screenings... On July 10, we will enjoy Big Bingo starting at 12:30 p.m. Come in and have a great time with us... On July 13, our monthly meeting will be held at 12:00 p.m. We would love to have you.

With your help, thoughts, and ideas you can help us make the senior center grow... On July 15, we will enjoy crafting at 12:15 p.m... On July 22, Tyffini from Caring Mission will return to host Grocery Bingo at 12:15 p.m... We enjoy assembling puzzles, daily bingo, cards, chair exercises, verse of the day, On Fridays, Bible Study is and question of the day held at 10:30 a.m., bingo Monday through Friday... The Center is a place to be yourself, reminisce, and enjoy others. We would love to see some new, bright, smiling faces so stop in and have some coffee, lunch, play some games, relax, and enjoy... Please call 724-947-9524 a day in advance to make your reservations. Lunch is served at 11:30 a.m... Please check our Facebook page for any additions and updates...

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

-Kristin Frazier

... We are all proud to be Americans. On July 3, we look forward to continuing the 250th year celebration... July is shaping up to be of our country... Our center is thrilled to host the "Pic-center... On July 1, we will ture This" pop-up exhibit presented by Southwestern Pennsylvania Area Agency on Aging and Age Friendly with festive fun and bin-Pittsburgh. The exhibit will include telephones with audio stories and an interactive message board and connection bench. Please visit our center and see this amazing exhibit which will run from July 6 to July 22. On July 8, Bridget from SeniorLIFE will host Grocery Bingo and help us celebrate July birthdays at 10:30 a.m... On July 15, the wonderful police department of Smith Township will visit our center at 10:30 a.m. They will be available for any questions from residents of the community... On Mondays and Wednesdays, Silver Sneakers* starts at 1:15 p.m... On Tuesdays,

Mahjong is played at 1:30 p.m... On Wednesdays, Bingo at 12:15 p.m... We500 Bid is played at 12 p.m... On Thursdays, Eudaily bingo, cards, chairchre is played at 12 p.m... On Fridays, Bible Study is held at 10:30 a.m., bingo Monday through Friday... Silver Sneakers* starts at 2 p.m... Pool is now being played on Mondays and Fridays at 12 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 any additions and updates...

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

-Jim Southern

... Happy 250th Birthday USA!... We offer a full calendar of weekly activities for older adults looking to stay active and engaged... On July 2, we will enjoy an Independence Day celebration at 11:30 a.m. Join us for the celebration topped off with ice cream sundaes... 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

some items that can help as we lose some function and strength... On July 22, Kelly will join us with a horseracing activity... On July 29, a representative from Aetna will host Grocery Bingo at 10:00 a.m... As summer is in full swing, we invite everyone to stay active, stay connected, and enjoy all the programs and friendships that make our center such a special place... We wish everyone a safe, happy, and patriotic Fourth of July... For more information about activities and events, contact us at the Center at 724-745-5443...

CENTER IN THE WOODS
130 Woodland Court
Brownsville PA 15417
724-938-3554

-Nanette Andre

... Happy 250th Birthday USA!... We offer a full calendar of weekly activities for older adults looking to stay active and engaged... On July 2, we will enjoy an Independence Day celebration at 11:30 a.m. Join us for the celebration topped off with ice cream sundaes... 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 and Wii bowling... 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 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...

CENTER ON MAIN
931 Main Street
Bentleyville, PA 15314
724-239-5887

-Hannah Burns

... We are excited to share that the Center is now called Center on Main! While our name is changing, our mission remains the same. Bringing people together for connection, activity, and community. Our new name reflects a fresh, welcoming, space for everyone to gather, have fun, and feel at home. We can't wait to continue making great memories with you at the Center. July is here, and we're ready to enjoy all the fun that summer brings... Lunch is served

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Monday through Friday at 11:30 a.m. Make sure you call a day in advance to reserve a meal... On Mondays, we enjoy Euchre at 10 a.m. Whether you're a seasoned player or a little rusty, everyone is welcome to join in. It's a great way to enjoy some laughs, friendly competition, and good company. On Thursdays, we also enjoy chair exercises at 10:30 a.m... On Tuesdays, we meet at Richardson Park, weather permitting, at 10:30 a.m. for our morning walk and coffee crew! Walking together and feeling better... On July 2, we will celebrate America's 250th birthday. The Legion will be with us for a flag ceremony and cake afterwards... On July 6, we will hold our monthly meeting at 12:15. Come find out what exciting things are happening at our center... On July 8, join us for a red, white, and blue wreath making craft at 12 p.m... On July 17, join us as we celebrate National Tattoo Day with a fun twist. Stop by for some refreshing root beer and try out some temporary tattoos. No commitment required... On July 23, Bridget from SeniorLIFE will host Grocery Bingo... On July 30, we will enjoy fruit and bagels together...

CHARTIERS TOWNSHIP

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

-Rick Kauffman

...Our Business Meeting and Annual Indoor Picnic will be Tuesday, July 21 at 11 a.m. Members are encouraged to wear their Chartiers Senior tee shirts. Games will include a corn bag competition in preparation for the Washington County Tournament. If you didn't fill out a reservation form at our June luncheon or have changed plans, please call Debbie Mulshen (724-554-2485) by Thursday, July 16. Upcoming Activities are: Keep Moving, Mondays, 1 p.m.; Bingo, Tuesdays and Fridays, 10 a.m., except July 3; Grocery Bingo, Friday, July 10, with grocery prizes provided at no cost by SeniorLIFE's outreach coordinator Bridget Borelli; Playing Cards, Yoga, Wednesdays, 11 a.m.; Game Days, Wednesdays, 12:30 p.m.; T.O.P.S., Wednesdays, 4:30 p.m.; Senior Crafts, Thursdays, July 9 & 23, 12:30 p.m. You

can follow us on our Chartiers-Houston Senior Center Facebook page and also by accessing 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

-Amy Dzurko

... July is here bringing sunshine, laughter, and plenty of reasons to celebrate together at the Center. As we honor independence, friendship, and community this month we hope you'll stop by often to enjoy good company, a meal, and a warm smile... On July 6 and 22, we will enjoy Grocery Bingo. As always fun, fellowship, prizes, and a sweet treat await... On July 10, we will celebrate America's 250th birthday with cake and a special presentation about our local history

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724-438-3089

EQUAL HOUSING OPPORTUNITY

Senior Community Center Notes

with a representative from the McKeever Study at 10:30 a.m.... Everyday there is a warm smile to greet you, fresh coffee to enjoy, a puzzle waiting to be assembled, a seat waiting for you to fill, and a meal that will be made by our cook Lori Shirley... Please remember to call us a day in advance to reserve your meal. A \$2 donation is suggested for seniors 60 and over...

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

-Calvalier LaRue

... There's a lot to celebrate in July. Independence Day, summer vacations, barbecues, and picnics and of course, National Ice Cream Day, designated by former President Ronald Regan in 1984. July symbolizes the height of summer, radiant strength, and positivity so smile and enjoy the month... Lunch is served Monday through Friday. Please call the Center the day before to reserve a meal. A \$2 donation is suggested... The Center offers coffee hour from 9:30 to 10:30 a.m. Monday through Friday... On Mondays and Wednesdays, bingo is called. Early bird is called at 12:30 p.m. followed by 13 regular games and 7 specials... On Tuesdays, Wii bowling fun starts at 12:30 p.m... On Thursdays, meet us at the Center for Pokeno at 1:00 p.m... On Fridays, we offer board games, cards, and puzzles. Come join in on the fun, or just stop by and say hello. We would love to

meet you and we are always looking for new friends... On July 8 at 2 p.m., the Center will host an ice cream bingo social with all the fixings... On July 17, we will enjoy a Volunteer Luncheon, which will be held at Riverside Place... On July 23 at 1 p.m., Roxanne from Bridges Hospice will join us at the Center to conduct an onboarding for the members who volunteered to stuff envelopes for the hospice program... Happy July Birthday to one of our beloved bingo ladies Mildred Roberts. Enjoy your Day...

McDONALD/CECIL

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

-Marlene Wilson

... Summer is in full swing, and July is shaping up to be a fun and exciting month at the Center. We invite everyone to come enjoy good company, laughter, activities, and special treats throughout the month. Whether you enjoy games, social events, or simply spending time with friends, there is something for everyone to enjoy... Our regular activities continue throughout the month... On Mondays, Tuesdays, and Fridays, join us for LRC at 12 p.m... On Tuesdays and Thursdays, bingo is called at 12 p.m... On Fridays, we enjoy Euchre at 12 p.m... These activities are always a great way to stay active, socialize, and have fun with friends old

and new... On July 2, join us in celebrating America's 250th Birthday as we honor our nation's history and spirit at 10:30 a.m... July 7 is National Chocolate Day. Stop in and enjoy a delicious piece of chocolate with friends... On July 8, we will hold our monthly meeting at 12 p.m. All are welcome to stay informed on upcoming events and center news... On July 9, Sam from SeniorLIFE will join us with everyone's favorite, Grocery Bingo. Join in for fun prizes and fellowship... On July 17, we will celebrate National Ice Cream Soda Day with tasty root beer floats and sweet summer treats at 10:30 a.m. On July 21, Kelly from Townview will host a horseracing event... Monday through Friday we enjoy walking club, weather permitting, at 10 a.m. It's a wonderful way to stay active, enjoy the outdoors, and connect with others... We encourage everyone to join us for lunch and fellowship throughout the month. To help our kitchen staff prepare, please make lunch reservations at least one day in advance by calling 724-743-1827... We look forward to seeing everyone in July for another month of friendship, activities, and community fun...

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

-Mickelina Smith

... Summer is here and we're ready to party!... On July 10, the Center will host a party from 1 to 4 p.m. We

Word Search Answers from page 12

W	E	S	E	M	I	Q	U	I	N	C	E	N	T	E	N	N	I	A	L	V
R	E	P	R	E	S	E	N	T	A	T	I	O	N	E	E	D	A	R	A	P
E	S	S	E	C	O	R	P	E	U	D	C	S	K	R	O	W	E	R	I	F
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will celebrate the Fourth of July, Father's Day, and July birthdays. There is an \$8 fee to help with expenses. We will enjoy a D.J., food, drinks, snacks, games, prizes, 50/50, and tips. So, come and join in on some summer fun and win some prizes. The Center serves

lunch Monday through Friday at 12 p.m. Please stop down the day before by 12 p.m. to reserve your meal. A \$2 donation is suggested... On Mondays, we play Pokeno or games from 12:30 to 3:30 p.m... Laurel's beauty shop is open Wednesday to Friday for

cuts and perms. Please call 724-258-9518 to make an appointment... On Thursdays, bingo is called from 1a to 4 p.m. On Fridays Ruth Pugh will lead Bible Study from 10:45 to 11:45 a.m... Hope to see you all there soon...

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

-Alexis Lovas

... Welcome July. We really love fireworks. If you are near any fireworks displays be sure to stand far away to be safe... On July 6, we will be taking a trip to the mall. Come in to sign up or call to make a reservation... On July 10, we will enjoy musical entertainment... On July 24, we will enjoy days, bingo is called from 1a to 4 p.m. On Fridays Ruth Pugh will lead Bible Study from 10:45 to 11:45 a.m... On Tuesdays, we play golf cards at 11 a.m... On Wednesdays, Big Bingo is called. Come join us... On Thursdays, we enjoy craft day at 10 a.m... On Fridays, we play Euchre at 11 a.m... Happy Fourth of July to everybody...

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

-Shawn Arent

... Summer is in full swing, and July is shaping up to be a wonderful month! We invite everyone to come enjoy good food, great friends, fun activities, and patriotic

celebrations throughout the month... We open the second and fourth Thursdays every month at 11 a.m., giving everyone plenty of time to visit, relax, and enjoy fellowship before activities begin... On July 9 at 12:30 p.m., join us for an exciting afternoon of Grocery Bingo with John from Aetna. Win useful grocery items while enjoying laughs and friendship with fellow members. It's always a crowd favorite, so be sure to come early and grab your seat... On July 23, we will proudly celebrate America's 250th Birthday with patriotic spirit, fun, and community celebration. Following the festivities, enjoy bingo with Shawn at 12:30 p.m. Bring your lucky charm and celebrate this historic milestone with friends at the Center... We encourage everyone planning to join us for lunch to make reservations at least three days in advance so we can prepare for everyone comfortably. To reserve lunch, please call 724-228-6996...

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

-Amy Mieczkowski

... Hello July... On July 1, we will enjoy the sunshine

with our Fourth of July celebration picnic at Canton Twp. Park... On July 8, we will continue to watch the gripping medical drama "The Pitt" season 1, episodes 11 and 12 at 12:15 p.m... On July 15, Maggie from MediConnect will host bingo starting at 12:15 p.m... On July 22, we will be rocking and rolling to Music Bingo at 12:15 p.m... On July 29, Bridget from SeniorLIFE will join us for Grocery Bingo at 12:15 p.m... On July 31, Rachel from Caring Mission will conduct blood pressure screenings at 10 a.m... 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 enjoy 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... Savor the sunshine and simple joys of July...



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Senior Community Center Notes

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