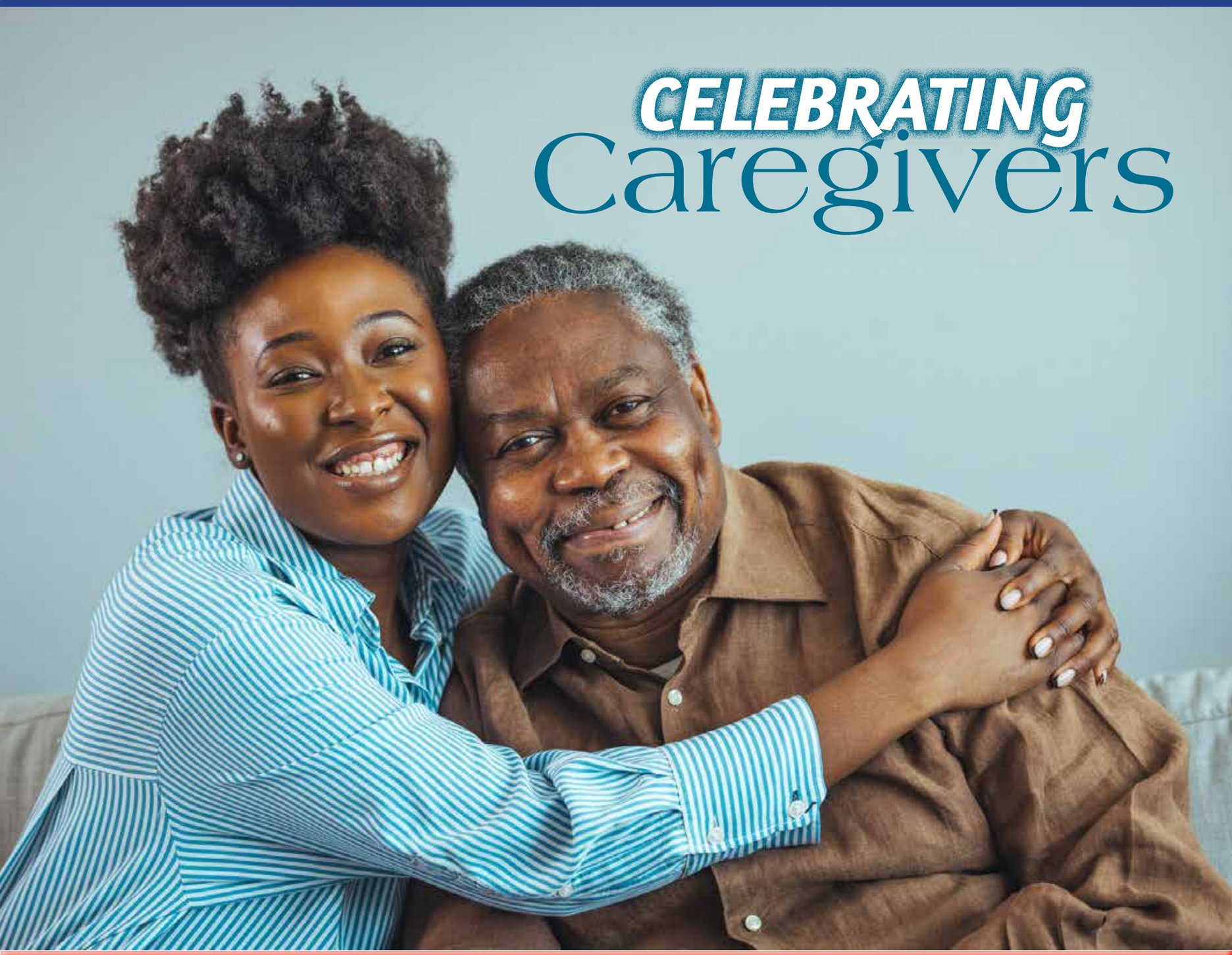
Volume 54 Number 11

November 2026

# SENIOR Times

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



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**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.***

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# Social Security Announces 3.6% Benefit Increase for 2027

The Social Security Administration (SSA) has announced a 3.6% cost-of-living adjustment (COLA) for 2027. The increase will help Social Security and Supplemental Security Income (SSI) recipients keep pace with rising living costs.

Nearly 72 million Social Security beneficiaries will see the increase beginning in January 2027. On average, Social Security retirement benefits will increase by approximately $75 per month.

For the approximately 7.3 million people receiving SSI, increased payments will begin on December 31, 2026. Some individuals receive both Social Security benefits and SSI.

**How Will You Learn About Your Increase?**

Individuals with a personal *my* Social Security account can view their COLA notice online beginning in late November, potentially up to three weeks before paper notices arrive by mail.

Account holders can also sign up for text or email alerts when a new message, including their COLA notice, becomes available in their account's Message Center.

Those who prefer paper notices will receive their COLA information by mail in December.

The simplified, one-page COLA notice will provide personalized information, including the exact dollar amount of the new monthly benefit and any applicable deductions.

To create an account or learn more, visit www.ssa.gov/myaccount.

**What About Medicare Premiums?**

Medicare enrollees can find information about 2027 Medicare changes at www.medicare.gov. The Social Security Administration expects individual Medicare premium amounts to be available through the *my* Social Security Message Center beginning in late November.

Remember that your actual increase in benefits may differ from the average, and Medicare premiums or other deductions may affect the amount you receive.

**How Is the COLA Calculated?**

The Social Security Act determines how the annual cost-of-living adjustment is calculated. The adjustment is tied to changes in the Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W), as determined by the U.S. Bureau of Labor Statistics.

For more information about cost-of-living adjustments, visit www.ssa.gov/cola.

**FARMER'S ALMANAC**
November 2026
Temp. 44° (1° below avg.); precip. 2" (1" below avg.). 1-7 Scattered rain showers, mild. 8-15 Scattered rain showers, then sunny; cooler. 16-22 Snow showers, then sunny; chilly. 23-30 Scattered rain showers, then sunny; warmer, then turning cool.

**NOTICE OF PUBLIC MEETINGS**

The Southwestern PA Area Agency on Aging, Inc., Board of Directors will meet on the following dates in 2026:

November 19 December 1

The Southwestern PA Area Agency on Aging, Inc., Advisory Council will meet on the following dates in 2026:

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.

# 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.




The Senior Times is distributed monthly through newspaper insertions in the Herald-Standard, Observer-Reporter, and The Mon Valley Independent, as well as through local senior centers.

**Prefer to read it online?**

Readers can also subscribe to receive the Senior Times by email or view each issue online at www.swpa-aaa.org.
The website also provides information about services and programs available to older adults throughout our region.




## 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*
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*Senior Times*
*305 Chamber Plaza*
*Charleroi, PA 15022-1607*

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*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.

# 2026 Washington County Senior Expo *a Huge Success!*



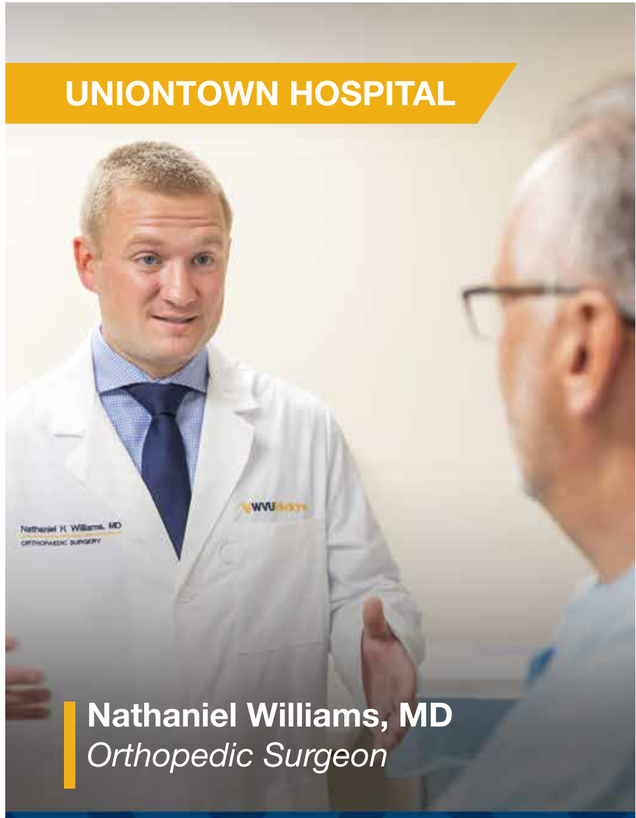

The 2026 Washington County Senior Expo was held September 24 at its new location, the Washington County Fairgrounds, and was a huge success! The Expo was sponsored by The Southwestern Pennsylvania Area Agency on Aging, Inc. along with cohosts State Senator Camera Bartolotta, State Representative Tim O'Neal and the Washington County Commissioners Nick Sherman, Electra S. Janis and Larry Maggi.

More than 100 vendors were on hand to provide valuable information, resources, and services to attendees, contributing to a strong turnout. Attendees enjoyed delicious food provided by Debbie's Deli and Texas Roadhouse, lively entertainment provided by Gary V. and Jack Nicora, free Pennsylvania Trolley Museum rides, and exciting prize giveaways.

We extend our sincere thanks to our sponsors, **UPMC** and **Range Resources**, for helping make this event possible. UPMC provided coffee, water, and donuts, while Range Resources supported the entertainment and Trolley rides. We also thank the staff of Southwestern Pennsylvania Agency Area on Aging, Aging Services of Washington County, and everyone who worked behind the scenes to make the day such a success.

Thank you to everyone who participated and helped make the 2026 Washington County Senior Expo a wonderful day for our community!






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November 2026 Senior Times


# Food Security – Help is Available!

It's no secret that grocery prices are on the rise. Many people are struggling to make ends meet and to keep healthy food on the table. Most communities offer help for those with limited incomes through neighborhood food pantries.

### Senior Food Boxes

The PA Senior Food Box Program, available through Hunger-Free PA, works to improve the health of low-income persons at least 60 years of age, who are at or below 150 percent of the U.S. poverty level, by supplementing their diets with nutritious USDA Foods. Food packages include a variety of foods, such as nonfat dry and ultra-high-temperature fluid milk, juice, farina, oats, ready-to-eat cereal, rice, pasta, peanut butter, canned and dry beans, canned meat, poultry, or fish, cheese, and canned fruits, vegetables, and soup.

Applicants can call 800-468-2433, or email RA-fooddist@pa.gov, to be directed to the regional food bank distributing the Senior Food Box in their county of residence. In 2021, Hunger-Free PA and Feeding Pennsylvania partnered with DoorDash to increase awareness about enrollment and eligibility. This option may not be available in all areas, so contact your County Food Bank listed below for more information.

### Community Food Pantries

There are many ways to supplement your home pantry such as going to your local community food pantry or food bank.

The Greater Pittsburgh Community Food Bank works with more than 1,000+ partners across 11 counties. In addition to supporting local food bank sites, they also sponsor local drive-up and walk-in distributions, which provide 30-50 lbs. of food. Distribution sites are available at *https://pittsburghfoodbank.org/find-food/get-help/*

### Fayette County

The Fayette County Community Action Agency (FCCAA) Food Bank is Fayette County's designated warehouse for the collection and storage of food for individuals in need of food assistance. The food is distributed through a network of volunteer food pantries, congregate feeding sites, and soup kitchens. FCCAA Food Bank programs include emergency food assistance for anyone who is in need, the PA Senior Food Box Program, and the Weekend Snack Pack Program, which provides children with a backpack filled with food to help fill a nutritional void. DoorDash is not an option in Fayette County. For more information call 724-580-7001 or visit *https://fccaa.org/programs/food-bank-programs/*

### Greene County

The Corner Cupboard Food Bank is the only food bank in Greene County, responsible for providing regular monthly food boxes to individuals facing food insecurity in our county. They accomplish this by utilizing a network of pantries throughout the townships of Greene County. At the pantry level, individuals get to interact with their local pantry coordinator and volunteers to receive food assistance.

**Most communities offer help for those with limited incomes through neighborhood food pantries.**

The Corner Cupboard relies on the generosity and support of individuals to continue to meet the needs of their neighbors facing food insecurity. For more information call 724-627-9784 or visit *https://cornercupboard.org/*

### Washington County

The Greater Washington County Food Bank, a division of Food Helpers, distributes food in rural areas and to seniors aged 60+. They are the lead agency for the Senior Food Box program in Washington and Greene Counties. DoorDash is an option in Washington County communities only. Individualized solutions can be created to meet short-term needs. The Community Outreach Program serves 6 community sites monthly using their Truck to Trunk model, which brings food directly to the rural areas, providing convenience and the safest food handling procedures. The program partners with local groups to provide the freshest, most nutritious produce and food products. For more information, call 724-627-9784 or visit *https://foodhelpers.org/home/about-us/*

### Other

There may be other alternative sites within your community to help you obtain food if in need. One example is the Christian-based Finleyville Food Pantry, located at 406 Chess St., Monongahela. This private organization, operating exclusively through donations, offers a weekly Saturday distribution from 9 a.m. to noon, for any Washington County resident who does NOT attend another food pantry. Those in need must provide ID and proof of income. Donations are accepted, Wednesday 9:30 a.m. until 3 p.m and Friday from 9:30 a.m until 12n. For more information, please call 412-566-7300.



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# Veteran Spotlight

## Honoring Veterans on November 11

Veterans Day, observed annually on November 11, is a federal holiday in the United States dedicated to honoring military Veterans who have served in the U.S. Armed Forces.

Its history dates to the end of World War 1 when hostilities officially ceased on the 11th day of the 11th month in 1918. Initially known as Armistice Day, it was established to commemorate the bravery and sacrifice of those who served in World War 1.

In 1938, Armistice Day was declared a federal holiday and after World War II and the Korean War, the need arose to honor all American Veterans. As a result, in 1954, President Dwight D. Eisenhower signed legislation officially changing the holiday's name to Veterans Day.

Veterans Day holds deep significance for veterans across the nation. It serves as a reminder of the sacrifices made by service members, both living and deceased, and acknowledges their contributions to preserving freedom and democracy. For many Veterans, it is a day of reflection on their experiences and the camaraderie they shared with fellow service members. It also provides an opportunity for communities to express gratitude and support for those who have served. Various ceremonies and events commemorate the day, including parades, memorial services, and educational programs helping to promote awareness of issues Veterans face and the importance of their service.

"Veterans Day commemorates the service of all Veterans. It's a day where we show gratitude and appreciation for all that our Veterans have given to protect our Nation and our freedoms," said Shawn De Fries, Acting Director VA Western New York Healthcare System. "Here in VA, every day is Veterans Day because we have the honor and privilege daily to recognize their sacrifices and to care for them. It's a noble calling to serve those who have served us and done so much for America."

Additionally, many businesses offer discounts and special deals to Veterans, making it a day of recognition and appreciation. In essence, Veterans Day is not only an opportunity to honor those who have worn the uniform but also a call to engage with the community. By fostering understanding and support, we can ensure the sacrifices made by our Veterans are acknowledged and given proper care and respect.

*Source: https://www.va.gov*

***The Southwestern Pennsylvania Area Agency on Aging would like to extend our sincere gratitude and thanks to all the veterans.***



*Did you know...*
The 2026 Veterans Day Observance theme is "Veterans Helping Veterans and Their Families"




# Medicare FYI

## Annual Open Enrollment Period: October 15 through December 7

The Annual Open Enrollment Period (AOEP) is the time of year to review your Medicare Advantage Plan (Part C) or Part D coverage. Pennsylvania Medicare Education and Decision Insight, PA MEDI, is here to help answer your Medicare questions. PA MEDI provides unbiased health insurance counseling to Medicare eligible individuals, their families, and caregivers. PA MEDI Local Coordinators assist beneficiaries in making informed decisions that optimize cost-savings and access to health care and benefits. PA MEDI is not affiliated with any insurance agency or brokers, and the counseling services are free.

PA MEDI Local Coordinators can help with:

- Medicare eligibility and enrollment questions
- Medicare Advantage Plans (Part C) • Medicare Part D
- Medicare Supplement Insurance (Medigap plans)
- Help with applying for financial assistance programs
- Comparing plans to determine the best insurance for your healthcare needs and budget
- Medicare appeals and more.

If you have questions about Medicare, please contact your PA MEDI Local Coordinator at 724- 489-8080, ext. 4438.

pennsylvania
Medicare Education and Decision Insight




# Property Tax/Rent Rebate Program deadline extended to Dec. 31, 2026

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. Please see below for more information. 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-rent-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 Washington County:** (724) 228-7080

**AAA Greene County:** (724) 852-1510

**AAA Administrative Office:** 1-888-300-2704

# Congratulations to all volunteers!



*From L to R: Larry Johnson, Donella Blair, Laurie Crawford, Rep. Charity Grimm-Kruppa. Larry is the Volunteer of the year, Donella and Laurie are Co-Executive Directors of the Masontown Senior Center and Charity is a PA State Representative for the 51st Legislative District.*

Albert Gallatin Human Services Volunteer Appreciation Luncheon was held on October 16, 2026 at the Masontown Senior Center. The luncheon was well attended by dedicated volunteers, staff, and distinguished guest speakers. This experience emphasized and celebrated the value of the incredible work accomplished by local volunteers. An enjoyable time was had by all with the announcements of the awards and the presentation of the memory books. Most importantly, the Volunteer of the Year, Larry Johnson, was presented with recognition from PA House Representative Charity Grimm-Krupa and the Fayette County Commissioners.




# Low-Income Home Energy Assistance Program

The 2026-2027 Low-Income Home Energy Assistance Program (LIHEAP) application period opening date is Monday, November 2, 2026.

The Pennsylvania Department of Human Services (DHS) will accept applications through Friday, April 23, 2027.

LIHEAP provides relief in the form of a one-time cash grant to households struggling to pay heating bills and those in immediate danger of being without heat. Recipients do not need to repay funds received through the grants.

The grants are sent directly to the recipient's utility company or fuel provider and are credited to the customer bill.

**Crisis Program**

The LIHEAP crisis program is available to households that lack fuel or that will be without fuel within 15 days.

The crisis program can help repair or replace broken heating equipment or leaking lines. If the main or secondary heating source is not working or has been shut off, the crisis program will assist in finding a solution.

**How to Apply**

There are three ways to apply for LIHEAP:

- Online: Applications can be submitted at https://www.compass. state.pa.us/compass.web/Public/ CMPHome
- Via mail: Applications may be printed at the same link and mailed to your local county assistance office (CAO), or you can call 1-866-857- 7095 to request a paper application be mailed to you.
- In person: Applications may be completed on-site at your local CAO.

To be considered for a LIHEAP grant, an applicant must meet the 2026-2027 income guidelines:

| Household Size | Maximum Annual Income |
|---|---|
| 1 | $23,940 |
| 2 | $32,460 |
| 3 | $40,980 |
| 4 | $49,500 |

If more people live in your household, then add $8,520 for each additional person. Applicants are not required to be on public assistance or have unpaid heating bills. Applicants may either rent or own their homes.

For more information on heating assistance and LIHEAP, contact your local CAO:

**Fayette County Assistance Office:** 41 West Church Street Uniontown, PA 15401 LIHEAP: (724) 439-7125 Toll Free: 1-877-832-7545 Fax: (724) 439-7002

**Greene County Assistance Office:** 100 Greene Plaza Waynesburg, PA 15370 Phone: (724) 627-8171 Toll free: 1-888-410-5658 Fax: (724) 627-8096

**Washington County Assistance Office:** 167 North Main Street P.O. Box 5004 Washington, PA 15301 LIHEAP: (724) 223-5246 Toll free: 1-800-835-9720 Fax: (724) 223-4675

**Mon Valley District:** 595 Galiffa Drive P.O. Box 592 Donora, PA 15033 LIHEAP: (724) 379-1549 Toll free: 1-800-392-6932 Fax: (724) 379-1572


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# Preparing for the holiday season makes the experience more enjoyable



The holidays are a wonderful opportunity to spend time with family and friends, celebrate traditions, reflect on what is important, and be thankful. They are also a good time to appreciate and protect your health.

**Eat Healthy and Stay Active**

Healthy eating is all about balance and moderation. Holiday parties and family gatherings often make it challenging to maintain healthy habits. Enjoy your favorite holiday foods, but choose smaller portions and balance them with healthier options. Fresh fruit can be a festive alternative to candy, and limiting fats, salt, and sugary foods can help you feel your best throughout the season.

**Get Your Flu Vaccination**

The flu is more than just a bad cold and can lead to serious complications, especially for older adults. Flu activity often peaks between December and February, so if you have not yet received a flu vaccine this season, it is not too late. Vaccination can help reduce your risk of illness and serious flu-related complications.

**Practice Food Safety**

Food poisoning can quickly spoil holiday celebrations. Simple precautions can help keep everyone healthy:

- Wash your hands and food-preparation surfaces frequently.
- Keep raw meat, poultry, seafood, and eggs separate from other foods.
- Cook foods to the proper temperature and use a food thermometer when needed.
- Refrigerate leftovers within two hours.

**Manage Holiday Stress**

The holidays can bring joy, but they can also create stress. Feeling overwhelmed, emotional, or having trouble sleeping are common reactions. Taking time to rest, stay connected with loved ones, and seek support when needed can help you manage stress and enjoy the season more fully.

**Travel Safely**

Winter weather and holiday travel can present additional risks. Prepare your vehicle for cold weather, always wear a seat belt, and never drink and drive. If you are traveling for long periods by car, bus, train, or plane, be sure to stretch and move your legs regularly to help reduce the risk of blood clots. Before traveling internationally, check for any recommended vaccinations or health advisories at your destination.

*Source: https://www.cdc.gov*

# SNAP Benefits Increase for 2027

Pennsylvania SNAP recipients will see updated income limits and benefit amounts beginning October 1, 2026. The annual adjustments account for changes in food costs and inflation. According to the Pennsylvania Department of Human Services (PA DHS), most SNAP recipients will receive an average increase of approximately $18 per month.

These routine annual adjustments affect income eligibility limits and the maximum monthly benefit amounts households may receive. The department also confirmed that no one will experience a decrease in benefits because of these annual adjustments.

SNAP, the Supplemental Nutrition Assistance Program, helps more than 1.7 million Pennsylvanians afford food for themselves and their families.

New SNAP Income Limits and Maximum Benefits

The following limits apply from October 1, 2026, through September 30, 2027.

| Household Size | Maximum Monthly Income | Maximum Monthly SNAP Benefit |
|---|---|---|
| 1 person | $2,660 | $306 |
| 2 people | $3,608 | $562 |
| 3 people | $4,554 | $808 |
| 4 people | $5,500 | $1,023 |

The minimum monthly SNAP benefit will also increase from $24 to $25 during this period.

Actual benefit amounts depend on household circumstances, including household size and income. For more information, visit the Pennsylvania Department of Human Services SNAP website.

**Important Reminder: SNAP Utility and Housing Documentation**

As of February 9, 2026, SNAP applicants and recipients must provide documentation of their shelter costs and responsibility for utility expenses. Documentation is required when applying or renewing benefits if the information is not already on file with PA DHS.

Households must provide updated documentation if they move or if their expenses or responsibility for paying them change.

**Examples of acceptable documentation include:**

**Housing expenses:**

- Rent or mortgage receipts
- Lease agreements
- Real estate tax statements
- HUD statements
- Fire insurance bills or receipts
- Statements from individuals sharing housing costs

**Utility expenses:**

- Utility bills
- Correspondence from a utility company
- Canceled checks for utility payments
- Statements or receipts from a landlord showing utility costs

If documentation is not provided, the household's SNAP benefits will be calculated without deducting the unverified shelter and utility expenses. This could result in a lower benefit amount.

However, failure to provide these documents alone will not automatically result in a SNAP application being rejected or existing benefits being closed.

Current recipients who have not submitted these documents should provide them to their caseworker at their next renewal.

For additional information, visit the PA DHS SNAP Housing and Utility Allowances page.

**SNAP Work Requirements**

Certain SNAP recipients are subject to work requirements and time limits unless they qualify for an exemption.

Under expanded federal requirements, effective November 1, 2025, work requirements apply to certain individuals who:

- Are between 18 and 64 years old.
- Do not have a dependent child under age 14.
- Are considered physically and mentally able to work.

Veterans and current or former foster youth ages 18–24 are no longer automatically exempt based on those circumstances alone.

Requirements and exemptions can vary depending on an individual's situation. Pennsylvania residents can learn more about eligibility, reporting requirements, and possible exemptions by visiting the PA DHS SNAP Work Requirements page.

Individuals seeking volunteer opportunities or additional assistance can also visit PA Navigate.

**How to Apply for SNAP or Get Help**

Pennsylvanians can apply for SNAP and other public assistance programs online through COMPASS.

For assistance, residents can contact their local County Assistance Office or call the Pennsylvania Customer Service Center at 1-877-395-8930.

In-person services may also be available through local County Assistance Offices for individuals who need help applying or cannot access online services.

If you or someone you know needs help affording groceries, don't hesitate to explore the available resources. SNAP can help eligible Pennsylvanians put food on the table.

*Source: https://www.pa.gov*



# Your Financial Future

Gary W. Boatman
MBA, CFP

The story of Thanksgiving in America dates to 1621, when English colonists at Plymouth, Massachusetts, shared a harvest feast with members of the local Native American Indian tribe, who had helped the struggling settlers learn to grow food and survive in their new surroundings. The gathering, which lasted several days, is often remembered as the first Thanksgiving, although Native American communities had long held ceremonies of gratitude for successful harvests. For many years, Thanksgiving was celebrated at different times in different colonies and states. In 1863, during the Civil War, President Abraham Lincoln proclaimed a National Day of Thanksgiving to be observed each November, hoping to encourage unity and gratitude during a deeply divided period in American history. In 1941, Congress officially established the fourth Thursday of November as Thanksgiving Day. Today, the holiday remains a cherished American tradition, bringing families and friends together to express gratitude for life's blessings and to reflect on what matters most.

Today, Thanksgiving is a special time of year when we pause to appreciate the blessings in our lives, the family and friends who make life meaningful, and the opportunities we have been given. For retirees, it can also be an ideal time to reflect on another important source of peace of mind, financial security. Just as we plan a Thanksgiving meal to ensure there is enough for everyone around the table, thoughtful financial planning helps ensure that our resources can support the people we love, the lifestyle we enjoy, and the legacy we hope to leave behind. After all, one of the greatest gifts we can give ourselves and our families is the confidence that comes from knowing we have a plan for the years ahead.

Whenever you do legacy planning, it should always begin with the surviving spouse. This is the person that you built your life with and has shared all of the challenges and triumphs. This planning can actually start decades earlier when you make decisions such as when to start receiving Social Security, managing debt and creating an income source that can last a lifetime. We know for sure that upon the first death, income will go down and taxes will go up. Without proper planning you will have unnecessary stress and hardship which could have been avoided.

The next step would be planning for children and grandchildren. Often parents and grandparents want to help provide some financial support for education or buy a first house. It is important to remember that not all money is taxed the same and that leaving money for college the wrong way could negatively affect college aid. Leaving survivors qualified funds such as 401ks during their peak earning years could cause the money to be taxed at much higher tax rates than necessary. Also, if you plan to leave assets to a non-profit, there are likely better strategies that trained professionals could show you.

When families get together for Thanksgiving, not only is it a great time to celebrate, but also share your values with future generations so that they can learn from the wisdom you have acquired over your lifetime. It is also a great time to discuss the upcoming Christmas season. When inflation is high like now, maybe you do a Secret Santa drawing to limit the amount of money spent and talk about the importance of paying off credit card balances in full every month. Steps such as these can make next year less financially stressful. I hope your family has a great Thanksgiving holiday.

# Got a Text About Your Package? Be Cautious!

For years, consumers have received text messages claiming a delivery carrier needs them to update delivery preferences or confirm an address. These messages often include a link that appears legitimate but may lead to a fraudulent website designed to steal personal information or money.

Delivery scams are especially common during the holiday season when more packages are being shipped. Scammers count on busy shoppers acting quickly without questioning the message.

**Common Delivery Scams**

**1. Fake Delivery Notifications**

Scammers send emails or texts that appear to come from carriers such as USPS, UPS, or FedEx. They may include a tracking link or claim there is a problem with a delivery. Clicking the link could take you to a fraudulent website that requests personal information or attempts to install harmful software.

**2. Fake Missed Delivery Notices**

A notice left at your door may claim a delivery attempt was unsuccessful and provide a phone number to reschedule. Verify the notice directly with the delivery company before calling or sharing personal information.

**3. False Package-Hold Claims**

Some scammers claim a package is being held until a fee is paid. Before making a payment, check the shipment's status through the carrier's official website or app.

**4. Incomplete Address Messages**

These texts claim a package cannot be delivered because the address is incomplete and urge recipients to click a link to provide or confirm information. Don't be fooled by familiar company names or convincing wording. Scammers can make fraudulent messages look official.

**Don't Forget About Package Theft**

Not all delivery scams happen online. Package theft is another concern, especially during the holiday season. To help protect your deliveries:

- Track packages and bring them inside as soon as possible.
- Consider delivery to a secure location or trusted neighbor.
- Use delivery alerts from the carrier's official website or app.
- Report suspected package theft to local authorities.

**How to Protect Yourself**

- Don't click unexpected links. Check deliveries through the carrier's official website or app.
- Never provide personal or financial information through a suspicious text or email.
- Be cautious of requests for additional fees and verify charges directly with the carrier.
- Don't let urgency pressure you into acting quickly.
- Sign up for delivery notifications through official carrier websites or apps.




Remember: If you receive a suspicious package message, don't click the link or reply. Verify delivery information independently. A few moments of caution can help protect your personal information and your money.

*Source: https://www.bbb.org*

# Making a Difference

## Help Brighten the Holidays for Local Long-Term Care Residents

Isolation is a significant challenge for long-term care residents, with 60 percent of people receiving no holiday visitors. This year, you can help make a difference through the 7th Annual Project Snowman, sponsored by the Southwestern Pennsylvania Area Agency on Aging's Long-Term Care Ombudsman Program.

We are collecting holiday cards from community members, families, and organizations to distribute to long-term care residents across Fayette, Greene, and Washington Counties.

Participation Guidelines:

- Cards may be store-bought or handcrafted.
- Ensure messages are generic and non-denominational.
- Sign using your first name only.
- Enclose each card in an envelope.
- Do not include food, candy, gifts, or cash.

**Mailing Address:**
Project Snowman
305 Chamber Plaza
Charleroi, PA 15022

*Mailing Deadline: Wednesday, December 9, 2026*

The Long-Term Care Ombudsman Program is dedicated to protecting the health, safety, welfare, and rights of long-term care residents. Operating as a confidential and independent resource, the program provides free public education, investigates resident concerns, and helps individuals and families navigate complex long-term care options. Whether advocating for personalized care planning or supporting self-advocacy through Resident Councils, Ombudspersons work to ensure every resident is treated with dignity and respect.

To reach an Ombudsman please call:

**Fayette & Greene Counties:**
1-855-450-2274

**Washington County:**
1-844-507-8898

Ombudsman services are always confidential and free of charge.




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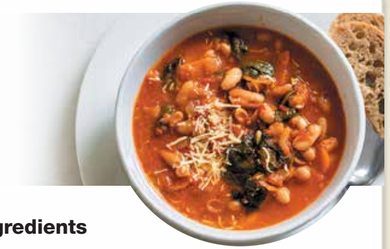
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AHEPA MANAGEMENT COMPANY

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**Please call** 724-746-3570


*Recipe of the month*

## Easy Bean Soup



### Ingredients

1 tablespoon olive oil
1 teaspoon garlic (minced)
1/4 cup onion (finely chopped)
2 cans beans (15.8 oz cans, great northern beans, rinsed and drained)
1 can diced tomatoes (14.5 oz can, with basil, garlic and oregano)
1 can vegetable stock (14 oz can, low-sodium)
4 cups kale (torn into small pieces )
1 tablespoon lemon juice
1/2 cup grated parmesan cheese

### Directions

1. In a medium saucepan, heat oil over medium heat and sauté garlic and onion for 3 minutes or until onion is tender.
2. Add beans, tomatoes and broth to saucepan. Stir and simmer for 5 minutes. Add kale and cook until tender, for about 2 minutes.
3. Mix in lemon juice and Parmesan cheese just before serving. Optional, garnish with finely chopped fresh basil or dried basil.

Cooked, dried beans may be substituted for canned beans. Using prepared dry beans in place of canned will reduce sodium in this dish. If you can't find diced tomatoes with basil, garlic and oregano, use regular diced tomatoes and add dried versions of these seasonings.

Source: https://www.nutrition.gov




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# Caregiver's Corner

## The Importance of Caregivers During National Family Caregivers Month

Every November, we pause to recognize a group of individuals whose dedication and selflessness form the quiet backbone of our communities: caregivers. National Family Caregivers Month is a time to honor the millions of people including spouses, parents, children, friends, and neighbors who provide essential care for loved ones facing chronic illness, disability, or aging-related challenges.

While doctors, nurses, and other healthcare professionals are rightfully celebrated for their expertise and compassion, caregivers often work behind the scenes. They provide the day-to-day emotional and physical support that enables those in need to maintain quality of life and dignity in familiar surroundings. According to the AARP, more than 63 million Americans serve as unpaid caregivers. They manage medications, coordinate appointments, handle finances, and assist with basic needs like bathing, dressing, and eating--often while balancing jobs, families, and personal responsibilities. Their contribution saves the healthcare system billions of dollars each year and fills a critical gap that formal systems cannot.

Caregiving is a profound act of love, but it is not without cost. Many caregivers experience chronic stress, burnout, depression, and physical health issues due to the constant demands of their role. It's common for caregivers to put their own health and needs last, leading to long-term consequences that often go unnoticed.

National Family Caregivers Month is more than a celebration—it's a chance to shine a light on the vital role caregivers play in our society. Let us use this month not only to express our gratitude but to advocate for systems that care for those who care for others; because when we support caregivers, we strengthen families, communities, and the fabric of our nation.



**How You Can Support a Caregiver**

- **Offer practical help:** Whether it's cooking a meal, running errands, or sitting with their loved one for a few hours, small acts of service can provide much-needed relief.
- **Listen and validate:** Sometimes, what a caregiver needs most is someone to talk to without judgment or advice.
- **Encourage self-care:** Remind caregivers that caring for themselves is not a luxury—it's a necessity.
- **Advocate for policies:** Support legislation that provides paid family leave, tax credits, and respite services for caregivers.

Source: Caregiving Crisis in America Keeps Growing: https://www.aarp.org/caregiving/basics/caregiving-in-us-survey-2025/?msockid=0474d0943b1266303127c5983aea6752

During this month of celebrating caregivers, we'd like to take the opportunity to express gratitude and show appreciation to all the family caregivers in Fayette and Greene and Washington counties, especially those in our Caregiver Support Program. We hope to bring awareness for a program designed to provide resources, support and education for caregivers in our area. If you'd like to make a referral or have questions about the Caregiver Support Program, please contact the Information and Assistance Department at 1-800-734-9603.

## Recognizing Our Caregiver Support Program Care Managers

During National Family Caregivers Month, the Southwestern Pennsylvania Area Agency on Aging extends appreciation to our Caregiver Support Program Care Managers for their compassion and dedication, as well as the support they provide to caregivers and families throughout our service area.

Their work goes far beyond coordinating services and connecting families with resources. They offer encouragement during difficult times, lend a listening ear when caregivers feel overwhelmed, and remind families that they are not alone on their caregiving journey. Through their kindness, understanding, and commitment, they make a meaningful difference in the lives of the caregivers they serve.

As we recognize the countless family caregivers who give so much of themselves to others, we also want to recognize the dedicated Care Managers who stand beside them every step of the way. Thank you for all you do to help caregivers feel valued, supported, and understood. Your hard work and dedication make a difference every day, and we truly appreciate you!




OPEN TO THE PUBLIC

*Light Refreshments Served*

**MON VALLEY**
THIRD MONDAY OF EACH MONTH
SPHS JBM Boardroom
300 Chamber Plaza, Charleroi, PA 15022
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

**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

**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

**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

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# Take a Hike Day



*by Cindy Bartolotta*

Many find hiking in nature a calming experience. Some like day hikes while others like the challenge of spending multiple days camping in the wild. Whichever you prefer, planning can save your life. Find the gear you should take with you for your adventure!

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MOUNTAINS
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TRAILS
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*See answers on page 18*











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Theresa Schuerle, DO

**Pain Management:**
Anthony Cuneo, MD

# Senior Community Center Notes

## FAYETTE COUNTY

### BROWNFIELD
***291 Banning Road***
***Dawson, PA 15428***
***724-529-2530***
***-Corrine McKnigh***

… Happy November!... Our center meets on Wednesdays at 10 a.m. and enjoys activities including Wii bowling at 10 a.m… We enjoy lunches provided by SWPA Area Agency on Aging… Every Wednesday of the month, ten games of bingo are called… On the first Wednesday of each month, we hold our monthly meeting… On the third Wednesday of the month, we enjoy cake to celebrate birthdays. Happy November birthdays to Frank Guth, Rod Sechrist, and Ronald Guth…

### BROWNSVILLE CROSSKEYS
***302 Shaffner Ave***
***Brownsville, PA 15417***
***724-785-6180***
***-Kimberly Stewart***

… November brings thoughts of Thanksgiving and fond memories!... Lunch is served Monday through Friday at 11:30 a.m… On Tuesdays, bingo is called at 10 a.m. We alternate between Hold em' or Fold em' and Scratch off. Please call to reserve your spot… On Thursdays, we enjoy Bible study at 10 a.m… On Nov. 13, we will enjoy a Seniors for Safe Driving class from 10 a.m. to 2 p.m. Register by calling 1-800-559-4880 or online at www.SeniorsForSafeDriving.com... We would love to see more smiling faces at our center. Bring a friend and enjoy time together… We can't wait to meet new friends…

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

… Thankful greetings… As we enter the holiday season, come join us to warm up and enjoy some fun activities… On Dec. 9, we will enjoy our Christmas dinner. Please sign up by Nov. 20 to participate… On the first and third Friday of the month, we are offering sessions to learn how to play 500 Bid from 12:30 to 3 p.m… 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 Ondreijko 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, washes, 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!...

### MASONTOWN
***22 S. Main Street***
***Masontown, PA 15461***
***724-583-7822***
***-Donella Blair & Laurie Crawford***

… Turkey month is here!... It's time to celebrate, give thanks, and enjoy the company of friends and family… Get out of the cold and spend some time with your old friends while making new friends along the way… The Center is always looking forward to welcoming new faces and celebrating all our wonderful friends who keep our center special… Join us for games, music, bingo, educational programs, and, of course, lunch!... A $2 donation is suggested for lunch. The food is hot, the smiles are big, and the laughter is always real… Remember, our door is always open, and there is always room for one more… Come see us, share a laugh, and make some memories with us at the Center…

### MOUNTAIN CITIZENS
***Box 105***
***Farmington, PA 15437***
***724-329-4260***
***-Wanda Sherry***

… Welcome to November 2026 in the beautiful Laurel Highlands and surrounding area… We encourage you to drive carefully and obey speed limits… 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… Join Virgil and Pam for exercise class from 9:15 to 9:45 a.m… On the second Tuesday of each month, we celebrate birthdays with a decorated birthday table and birthday cake. Our November birthday table will be decorated by Wanda Sherry and Elaine Swaney. Our birthday celebrants this month are Bonnie Baker, Angela Bricker, Dotty Durschlag, Wendy Fonner, Sandy Goldroz, Kathy Mason, Bea Miller, Alberta Wilburn, and Shirley Williams… On Wednesday nights from 6 to 9 p.m., bingo is called. The kitchen is open with food available to purchase. Please come out and support our bingo fundraiser. Nov. 18 will be the last bingo fundraiser of the year… On Nov. 10, The Great Meadows Garden Club will host horticulture therapy, and we will enjoy making flower arrangements at 9:45 a.m… On Nov. 26, we will enjoy music… It's that time of year to check your smoke and carbon dioxide detector batteries… Our center has an on-going flea market for members and guests to shop. If you have items 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 fall and welcome November… On Nov. 11, honor Veterans Day… On Nov. 26, celebrate Thanksgiving… We would like to wish a happy birthday to our November birthdays!... On Monday, Wednesday, and Friday mornings, bingo is called from 10 a.m. to 2 p.m… On Tuesday and Thursday afternoons, our card club meets at 12:30 p.m… Lunch is served Monday through Friday at 12 p.m. Please call the day before by 12 p.m. to reserve your lunch. A $2 donation is suggested… We would like to say thank you to everyone that supports our center… Until next month…

### SMITHFIELD COLONIALS
***14 Water Street***
***Smithfield, PA 15478***
***724-833-4371***
***-Janice Woods***

… Happy November everyone… We're so excited that our favorite holiday season is just around the corner… On Nov. 5, we will celebrate birthdays and anniversaries with cake and ice cream. Then Steve Minnick, a career Navy Veteran, will host our Veterans Day program in honor of those who served our country. Shake hands with our veterans and thank them for their service. They are the reason we have the freedoms we have in the greatest country in the world… On Nov. 10, we will meet at Jamie Lynn's for breakfast and fellowship. Come

**Sheryl R. Heid,**
Attorney at Law



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# Senior Community Center Notes

join us… On Nov. 12, try your luck with Louise's 50/50 and Elaine's basket raffle, then Pam Anderson will lead our exercise class to get us in shape for that delicious turkey and all the trimmings… On Nov 19, Crazy Bingo will be called by Steve… All our good wishes to you and your loved ones for a joyous and safe Thanksgiving… See you next month…


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## GREENE COUNTY

### BOBTOWN
***Box 46***
***Bobtown, PA 15315***
***724-839-7289***
***-Stacy Stroman***

… November is the perfect time to gather with friends, share a good meal, and reflect on the many things we're grateful for… We are open on Wednesdays from 8:30 a.m. to 1:30 p.m., for fun, fellowship, and a welcoming atmosphere… Whether you're catching up with old friends, making new ones, or simply enjoying a day out, there's always a seat at our table… Bingo is called at 11 a.m., followed by a delicious lunch and great conversation… We look forward to sharing laughter, friendship, and gratitude with you throughout the month… Come spend your Wednesday with us. We'd love to see you!...

### CARMICHAELS
***125 Municipal Road***
***Carmichaels, PA 15320***
***724-491-2011***
***-Stacy Stroman***

… November is a time to give thanks and appreciate life's blessings, both big and small… Join us at the Center for friendship, laughter, and fun activities… The Center is open Monday through Friday from 8:30 a.m. to 1:30 p.m… On Monday, Wednesday, and Friday mornings, we enjoy pool… Bingo is called Monday through Friday at 11 a.m., followed by lunch at 11:30 a.m… On Nov. 13 at 10:30 a.m., Greene County Mental Health will join us to share information about available community resources and support services… We look forward to seeing you!...

### JEFFERSON
***190 Washington Street***
***Jefferson, PA 15344***
***-Colleen Valosen***

… It's November already? This year sure is flying by, isn't it?… On Nov. 4, we will enjoy Disney Day, in all it's splendor. Our site council imagines that many of us have taken a family trip to Orlando to relax and observe our children and grandchildren enjoying the happiest place on earth. We welcome all to wear anything Disney that day and be ready to describe a favorite memory of one of your visits there… It wouldn't be right to celebrate anything but Veterans Day on Nov. 11 since it falls on one of our wonderful Wednesdays this year. Everyone who visits our center that day is asked to dress in your patriotic best and bring pictures of family members who are or did serve our country as part of the military. Veterans who come through our doors that morning will be treated to a special breakfast at 9:30 a.m. They will be given time to describe their years of service and will join the rest of us in listening to the anthems of each branch of the military as well as some patriotic songs. We'll focus all our attention on them that day and rightly so. Hats off to the veterans who belong to our center and to those who belong to centers everywhere… On Nov. 18, we will enjoy a Thanksgiving lunch, complete with turkey, stuffing, mashed potatoes, cranberries, and pumpkin pie. Our members will arrive a bit early that day to decorate their tables for this feast and will welcome Mrs. Fulks's high school class who have been preparing some holiday activities and games for us to help make this day special for sure… Hope to see everyone a little plumper on Dec. 2. Enjoy the holidays with people you love and are thankful for…

### MT. MORRIS
***Box 43***
***Mt. Morris, PA 15449***
***724-324-5396***
***-Stacy Stroman***

… Happy November… On Wednesdays, we enjoy coffee club at 8 a.m., followed by fellowship with Vicki at 11 a.m… A hot lunch is served at 11:30 a.m… The Center hosts activities including line dancing, exercise, and chair yoga classes… On Nov. 6, bingo will be called… On Nov. 18 at 11 a.m., Greene County Mental Health will join us to share information about available community resources and support services… During November we will host a food sale on Election Day, to celebrate our Veterans' and Thanksgiving during our Wednesday lunches… On the last Wednesday of the month, we will celebrate our November birthdays… Follow us on Facebook at Mt. Morris Community Center to see other exciting activities we offer like book clubs, food trucks, and bus trips…


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Senior Community Center Notes

### WAYNESBURG
***1505 Morris Street***
***Waynesburg, PA 15370***
***724-627-6366***
***-Betty Grove***

… Well fall is here, and the leaves are starting to turn to beautiful shades of yellow and orange… Our open house has been moved to April as we had many things to be completed beforehand… Until next month…

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

… Happy November… In November, we give thanks to our lord and savior for all our blessings… On Thursdays, our center meets from 9 a.m. to 2 p.m., and lunch is served at 11:30 a.m. Bingo is called following lunch… On Nov. 12, Greene County will hold their "Thanks for Giving" event at the Fairgrounds. We will meet on Wednesday that week instead of Thursday…

## WASHINGTON COUNTY

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

… Red, yellow, orange, and brown, watch the leaves come tumbling down. Hello November. The cooler temperatures have the Center excited for fall… Lunch is served Monday through Friday at 11:30 a.m. Please call the day before by 12 p.m. to reserve your meal. A $2 donation is suggested for those 60 and older… On Nov. 2, Tyffini from Caring Mission will conduct blood pressure screenings at 10:30 a.m. followed by bingo before lunch… On Nov. 4, Bridget from SeniorLIFE will join us with Grocery Bingo at 10:15 a.m… On Nov. 9, we will hold our monthly meeting at 12 p.m. Members are encouraged to attend to find out what is happening at the Center. We are also always looking for new and exciting ideas… On Nov. 13, Big Bingo will be called starting at 12:15 p.m. Stop in and bring a friend. All are welcome… On Monday, Wednesday, and Friday evenings, we enjoy exercise class at 7 p.m… Monday through Friday we enjoy assembling puzzles, daily bingo, cards, verse of the day, and question of the day… 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…

### BURGETTSTOWN
***200 Senior Way***
***Burgettstown, PA 15021***
***724-947-9524***
***-Kristin Frazier***

… We can't believe is November. We enjoyed the beautiful leaves, fall weather, and the wonderful comfort food served by our new cook!… On Nov. 6, our center will host a Veterans breakfast at 9 a.m… On Nov. 12, Bridget from SeniorLIFE will join us with Grocery Bingo, and we will celebrate our November birthdays… On Nov. 18, Noreen will join us with sublimation techniques… On Nov. 20, Jessica Held from Washington County Food Pantry will join us at 10:30 a.m… On Nov. 25, a Thanksgiving Grocery Bingo will be called at 10:30 a.m… Please check our Facebook page or stop by the Center for any additions to our monthly activities… On Mondays, Wednesdays, and Fridays, Bingo is called at 12 p.m., and Silver Sneakers® starts at 1:15 p.m. We have also started a new game, Hand and Foot, which is similar to Canasta… On Tuesdays, dartball is played at 12 p.m. and 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… 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***

… Fall is in full swing. The leaves are showing off their beautiful colors and cooler temps are settling in on us… From good friends and great laughs to exciting activities and special events, there's always something to look forward to… On Nov. 2, Cherneise will host Music Bingo at 11:30 a.m… On Nov. 3, Sandy will join us with card making… On Nov. 4, Kelly from the Washington County District Attorney's office will present a program on online scams… On Nov. 6, Weylin will present a program about scams… On Nov. 10 and 24, Niki and Bri will conduct a new class Mindful Movement at 10 a.m. Come to the center to try it out… On Nov. 12, we will hold our monthly meeting at 10 a.m. Please stop down to see what we have planned for the Center… On Nov. 13, we will host a Veterans breakfast. Please be sure to call to RSVP. Thank you for your service to all our wonderful veterans!... On Nov. 20, Michelle will join us to assist in ordering three free 3-D printed assistive items to help us in our daily lives… On Nov. 25, Kelly from Townview will join us with a horseracing activity… On Nov. 30, Drew from New York Life Insurance Company will join us with a raffle… Hope everyone has a blessed November…

### CHARTIERS TOWNSHIP
***2013 Community Center Drive***
***Houston, PA 15342***
***724-485-2126***
***-Rick Kauffman***

…Our Thanksgiving Business Luncheon will be Tuesday, November 17, at 11 a.m. We will accept contributions for our annual Gifts of Love and collect dues of $5. The menu will be: baked ham, sweet potatoes with brown sugar, seasoned vegetables, pumpkin dessert. Meals


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EQUAL HOUSING OPPORTUNITY

# Senior Community Center Notes

will be provided by the Area Agency on Aging. $2 donation is recommended. If you didn't fill out a reservation form at the last luncheon or have changed your plans, we ask you to call Debbie Mulshen (724 554-2485) by Thursday, November 12. Please note all changes to upcoming activities: Keep Moving, Mondays, 1 p.m.; Bingo, Tuesdays and Fridays, 10 a.m., except for November 17; Grocery Bingo, Friday, November 13, with grocery prizes provided SeniorLIFE's by outreach coordinator Bridget Borelli; Playing Cards, Tuesdays, 1-4 p.m; the Community Center will be closed on November 11 for Veteran's Day; Chair Yoga, Wednesday, November 18,, and Fridays November 6 & 13, 11 a.m.; Game Days, Wednesdays, 12:30 p.m.; except November 11; T.O.P.S., Wednesdays, 4;30 p.m., including Thanksgiving Eve; Greeting Cards, Tuesdays, November 10 & 24, 5 p.m.; Senior Crafts, Thursday, November 12 only, 12:30 p.m. The Community Center will be closed November 26 for Thanksgiving. 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…

### CROSS CREEK VALLEY

***28 Clark Avenue***
***Avella, PA 15312***
***724-587-5755***
***-Amy Dzurko***

… November is here!... The leaves are falling, the days are getting cooler, and November has arrived with plenty of reasons to gather, laugh, play, and enjoy one another's company… Come spend some time with us at the Center. There's always a friendly smile, hot or cold beverage, a puzzle to assemble, and friends ready for a little fun… On Nov. 6, Bridget from SeniorLIFE will join us with Grocery Bingo… On Nov. 18, we will enjoy our first ever "senior center without walls." We are taking our center on the road and heading to Avella Wellness Center. We will still enjoy our normal center activities, including a box lunch. There will be additional bonus prizes supplied by Aging Services of Washington County for our bingo games, and a grand prize gift card to Kroger to go along with the jackpot for our paid members… Please be sure to call at least one day in advance by noon to reserve your meal. A $2 donation is suggested for seniors 60 and older… The center hopes everyone enjoys these special days surrounded by family, friends, and plenty of things to be thankful for… Happy Thanksgiving and God Bless our Veterans…

### DONORA

***683 Meldon Avenue***
***Donora, PA 15033***
***724-379-6446***
***- Calvalier LaRue***

… November isn't just about cozy sweaters and countdowns to Thanksgiving. It's practically bursting with reasons to celebrate… Sure, gratitude and reflection take the spotlight this time of year, but there are so many other fun, quirky and downright delightful November holidays waiting to brighten up the month… In November we enjoy National Cinnamon Day, National Hug a Bear Day, National Cappuccino Day, and even World Pianist Day. These little celebrations add a playful spark to a month that's usually all about turkey and travel plans… 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. Drop in and say hello… On Mondays and Wednesdays, bingo is called… On Tuesdays, Wii bowling fun starts at 1 p.m… On Thursdays, meet us at the Center to help stuff envelopes for hospice at 1 p.m… On Fridays, we offer board games, cards, and puzzles. Come join in on the fun, or just stop by and say hello… On the last Wednesday of the month, we hold our money can drawing. You must be present to claim the full prize… On Nov. 4, the Center will host a workshop on pain management, and we will welcome guest speaker Todd Sweeney at 2 p.m… On Nov. 16, Anova Hospice will present a program overview on their services and program highlights at 12 p.m… On Nov. 19, we will enjoy our annual Thanksgiving dinner… The Center would like to wish happy birthdays to Redd William, Marla Sillings, Beth Weight, Janet Lario, Judy Valeieo, and Joe Kosko…

### McDONALD/CECIL

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

… Thanksgiving is the month we give thanks… We are hoping to be back in our newly remodeled room enjoying our new surroundings… On Nov. 13, Sam from SeniorLIFE will join us with Grocery Bingo at 10:30 a.m… On Nov. 18, Kelly from Townview will join us with a horseracing activity at 10:30 a.m… Be sure to check our calendar for our Thanksgiving Luncheon, and the date of our country music entertainment… We are truly so thankful for our volunteers who make it possible to do these things with our members… Have a blesses Thanksgiving…

### MIDWAY

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

… As we prepare for cooler weather, we are encouraging each other to bring in items each month for the McDonald Area Food Bank… In November we will enjoy everyone's favorite, the brown bag auction! We will all bring in an item worth $5 or more, all wrapped up in a brown paper bag. We then blindly bid on the bags and sometimes have bidding wars. It is a fun activity and also helps to raise money for our center… We will also enjoy a Thanksgiving dinner… We are looking forward to the holiday season and wish everyone a Happy Thanksgiving!...

### MONONGAHELA

***102 W. Main Street***
***Monongahela, PA 15063***
***724-258-9511***
***-Mickelina Smith***

… Well, fall is here, and winter is on the way… On Nov. 23, we will host our Thanksgiving dinner party from 1 to 4 p.m. There is a $10 fee. Please

## Word Search Answers *from page 12*

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# Senior Community Center Notes

stop in or call to make a reservation… Watch for December's paper to see when our Christmas dinner party will be held… Lunch is served Monday through Friday at 12 p.m. A $2 donation is suggested. Please stop in or call the day before by noon to reserve your meal… On Mondays, Pokeno is played from 12:30 to 3:30 p.m… On Thursdays, bingo is called from 1 to 4 p.m… On Fridays, Ruth Pugh hosts Bible study from 11 a.m. to 12 p.m… Hope to see you all here this season… Happy Holidays!...

## RIVERSIDE PLACE

***303 Chamber Plaza***
***Charleroi, PA 15022***
***724-483-5800***
***-Alexis Lovas***

… Welcome November… On Nov. 11, we celebrate Veterans Day. If anyone who you know is a veteran be sure to give them a big thanks and hang that flag high… On Nov. 20, we will enjoy our famous subs, and Gary V. will join us with live entertainment… On Nov. 26, celebrate Thanksgiving. Be sure to tell the people in your life how thankful you are for them… Lunch is served Monday through Friday at 12 p.m… On Mondays and Wednesdays, we enjoy Zumba class… On Tuesdays, Golf cards are played… On Wednesdays, Big Bingo is called. Come and bring a friend or two… On Thursdays, we enjoy craft day… On Fridays, Euchre is played at 11 a.m… Keep in touch for any changes or updates…

## VENETIA COMMUNITY CENTER

***800 Venetia Road***
***Venetia, PA 15367***
***724-228-6996***
***-Shawn Arnet***

… November is here, and we're looking forward to another month of good food, good friends, and great fellowship at the Center… The only day we will meet this month is Nov. 12… Please remember to call ahead if you plan to join us for lunch so we can be sure to have enough meals… We hope you'll come out and spend the day with us. There's nothing better than sharing a meal, enjoying activities, and making memories with friends!... Wishing everyone a happy, healthy, and blessed November…

## WASHINGTON

***69 W. Maiden Street***
***Washington, PA 15301***
***724-222-8566***
***-Amy Mieczkowski***

… Hello sweet November!... On Nov. 4, we will enjoy the gripping medical drama "The Pitt" season two premiere at 12:15 p.m… On Nov 13, Washington ENT will present a program about hearing loss and implantable hearing solutions at 10 a.m… On Nov. 18, join us for our Thanksgiving lunch at 11 a.m. Please call 724-222-8566 to reserve your meal by Nov. 10. Following lunch, Music Bingo will be called… On Nov. 20, Rachel from Caring Mission will conduct blood pressure screenings at 10 a.m… We will enjoy a Secret Santa gift exchange again this year. Please sign up with Amy by Nov. 25 to participate. We will exchange gifts on Dec. 9 following our Christmas Holiday lunch. On Nov. 25, Bridget from SeniorLIFE will join us with Grocery Bingo at 12:15 p.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 12:15 p.m… On Fridays, bingo is called following lunch…