Volume 51 Number 10 October 2025

SEMOR Times

Southwestern Pennsylvania Area Agency on Aging, Inc.

Est. 1974 Age Well, Live Long! 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

October 2025 Senior Times October 2025 Senior Times Page 2

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Southwestern PA Area Agency on Aging, Inc., an affiliate of Southwestern PA

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Opinions or ideas expressed ugh "Letters to the Editor," or ose of the editorial staff or the Seni imes, nor does advertising in th nsylvania Area Agency on Aging . The Senior Times reserves th ght to decline an advertisement fo

Editorial and advertising copy mission from the Southwest

Area Agency on Aging, Inc

Corporate Office 888-300-2704 or 724-489-8080 Fax No: 724-483-9360 Fayette County Office

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olication designed to bring you new 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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day, but having working smoke alarms greater impact and donate to help famican cut the risk of death by half.

That's why the American Red Cross is from home fires. rallying volunteers to **install free smoke** alarms nationwide, as part of their visiting the home fire safety page of the Sound the Alarm events.

alarms, create escape plans and share fire 0882. safety information.

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More information can be found by American Red Cross of Greater Penn-This year we'll install free smoke sylvania Region or by calling 1-833-315-

Source: https://www.redcross.org/lo- Join us for a rewarding day at a Sound <u>cal/pennsylvania/greater-pennsylvania</u>



Please spend your **Senior Farmers Market Vouchers** by Nov. 30, 2025!

The Senior Times extends a warm thank you to its donors

Senior Times as a means of remembering Senior Times. 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

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ALMANAC

OCTOBER 2025

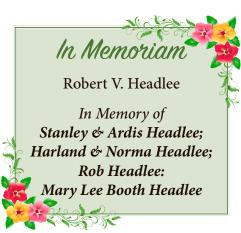
warm. 12-16 Sunny,

cool. 17-26 Rainy, then

sunny; cool. 27-31 Iso-

lated showers, warmer.

Thank you to those who choose the are recognized as "SPONSORS" of the



NOTICE OF PUBLIC MEETINGS The Southwestern PA Area Agency on Aging,

Inc., Board of Directors will meet on the

following dates in 2025: Temp. 56° (2° below November 20 December 2 avg.) precip. 2" (0.5" The Southwestern PA Area Agency on Aging, below avg.). 1-7 Isolat-Inc., Advisory Council will meet on the ed showers, then sunfollowing dates in 2025: ny; warm then cooler. October 15 December 10 8-11 Scattered showers,

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.

2025 Senior **Community Center** Flu Vaccination **Schedule**

GREENE COUNTY

Bobtown Satellite Center Wed, Oct 1, 9:45 - 10:30 a.m.

Carmichaels Activity Center Fri, Oct 10, 10:15 – 11:00 a.m.

Jefferson Satellite Center Wed, Oct 8, 10:30 – 11:30 a.m. Mt. Morris Satellite Center Wed, Oct 1, 11:15 – 12:00 p.m.

Waynesburg Community Center Mon, Oct 6, 10:30 - 11:30 a.m.

West Greene Satellite Center Thu, Oct 2, 10:45 - 11:30 a.m.

WASHINGTON COUNTY

Burgettstown Senior Center Wed, Oct 15, 10:00 - 11:30 a.m. Center in the Woods Tue, Oct 14, 10:00 a.m.

Cross Creek Senior Center Fri, Oct 10, 11:00 a.m. - 1:00 p.m.

McDonald-Cecil Senior Center Tue, Oct. 14, 10:00 - 11:30 a.m.

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.

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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 American Society on Aging Joins Allies Across the Globe in Celebration of Ageism Awareness Day

The American Society on Aging (ASA)will celebrate Ageism Awareness Day on Oct. 9, 2025. Modeled after the United Nation's International Day of Older Persons (Oct. 1), Ageism Awareness Day provides an opportunity to draw attention to the existence and harm of ageism in our society. This year, we are highlighting the richness and wide-ranging experiences of aging to counteract the myth that our chronological age defines

"Aging is a universal experience, but it happens in different ways for different people. Too often, we think about aging factors, from genetics to encompassing the same concerns and experiences. But ination. that's simply not true. Society is always

Yet one of the most widespread and of who they are. socially accepted forms of prejudice, us at all ages, every time people make that impact people of every age. assumptions about us because of our age.

reality is quite different:

- and healthier. Reality: We can and should from building a world where everyone change our views about aging. Negative can grow older on their own terms. Join self-perceptions of aging decrease quality us as we shape a future where we all thrive of life and can shorten lifespan by 7.5 as we age!'
- one. Reality: Our experience of aging ness Day at https://asaging.org/ageranges widely, depending on many ism-awareness/

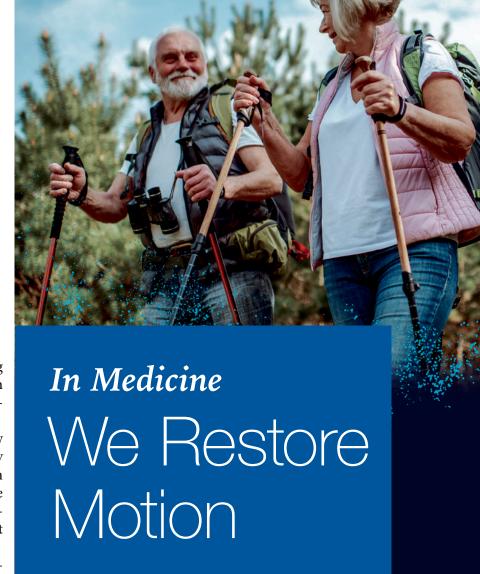


only in terms of what we lose and assume factors like policies and culture. Ageism that everyone we consider to be "old" has exacerbates other experiences of discrim-

- Myth: Older adults can't learn new stronger when we embrace the many things, are hoarding wealth - and many different voices, experiences, and per- other negative stereotypes portrayed in spectives that make us who we are; our the media. Reality: We learn and engage chronological age contributes to that rich- at every age and older adults are not uniness and needs to be viewed as an asset." form in wealth, beliefs or any other aspect
- Myth: Differences between generaageism is defined by the World Health tions are substantial. Reality: Differences Organization as "the stereotypes (how between generations have been overwe think), prejudices (how we feel) and blown, and we often share as much across discrimination (how we act) towards oth- generations as within them. These beliefs ers or oneself based on age." It impacts keep us from working together on issues

"The American Society on Aging and Ageism can be found everywhere, our members, partners, and allies are from our workplaces and health systems raising awareness about ageism and its to stereotypes we see in entertainment, harms," adds Clark-Shirley. "Together, advertising and the media. But despite we are advancing a new, more complete the many pervasive myths about aging, narrative that recognizes the many ways people experience aging, while working • Myth: If I avoid aging, I'll be happier to break down the barriers that keep us

Learn more about ageism and how to • Myth: Aging is the same for every- take action at the ASA Ageism Aware-



Page 3

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Greene County

The Lions Club Park in Waynes- by former American Idol contestant, burg, PA hosted the 4th annual Jack Nicora. Participants enjoyed a Greene County picnic. The Greene delicious picnic style meal prepared County Picnic was sponsored by by the Blueprints kitchen staff. The Berkshire Hathaway Energy Compa- attendance was from all six Senior ny. This year's theme was 50's Rock Centers for a total of 122 Seniors in 'n' Roll with entertainment provided attendance - the biggest crowd yet!





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Washington County

area-wide senior picnic was held vices, gave a blessing. at Mingo Park. Entertainment was

On September 4, the 4th annual County Director of Human Ser-

The raffle baskets and half-theprovided by an interesting ventril- take raised over \$1,300. Over 280 oquist, Cindy Speck, with music in older residents enjoyed a delicious the afternoon by Yesterday Mo-picnic lunch provided by Metz ments. Donations were received Culinary Management, and many from Range Resources for enter- attendees provided homemade tainment, Iron Senergy for tent cookies for dessert. The picnic rental, and Sam's Club and Dean's was sponsored by Aging Services Water for water donations. Com- of Washington County, SWPA Area missioner Nick Sherman attended Agency on Aging, Inc., and Washand gave a welcome address, and ington Area Senior Citizens Center, Dr. John Tamiggi, Washington Inc. A good time was had by all.





Fayette County

The Fayette County Senior noon of bingo and door prizes Centers gathered for their annual contributed by the participating picnic on Friday, September 19, at centers. A highlight of the day was Pavilion in Perryopolis.

Perryopolis Senior Center, and year. Center on the Hill.

Attendees enjoyed an after- by the Central Kitchen.

Washington Run Park's Sampey the presentation of the traveling trophy, awarded each year to the Centers represented at the senior center with the highest event included the Uniontown attendance. Smithfield Satellite Adult Recreation Center, Browns- Center, last year's winner, returned ville Senior Center, Connellsville the trophy, which was presented Senior Center, Smithfield Satellite to Perryopolis Senior Center for Center, Masontown Senior Center, drawing the largest crowd this

Lunch was prepared and served





What are the risk factors for dementia and how can the risk be reduced?

Risk factors for dementia

for Alzheimer's disease and part of aging.

activities all promote good Physical inactivity The greatest risk factor brain health and may reduce alcohol consumption, can

other dementias is increasing mentia. Keeping your heart duce your risk of dementia. age. Although age increases healthy, including by avoid- It's good for your heart, cirrisk, dementia is not a normal ing smoking and excessive culation, weight and mental Keeping active, eating lower your risk of dementia well and engaging in social and other diseases too.

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Smoking

Smoking greatly increases your risk of developing dementia. You're also increasing your risk of other conditions, including type 2 diabetes, stroke, and lung and other cancers. It's never too late - stopping smoking later in life also reduces the risk of dementia.

wellbeing. It is recommended

that adults aim for either 150

minutes of moderate aerobic

activity or 75 minutes of vig-

orous aerobic activity each

Excessive alcohol consump-

The harmful use of alcohol is a causal factor in more than 200 diseases and injury conditions. There is a causal relationship between harmful use of alcohol and a range of increases a person's risk of

Regular physical activity ders, other noncommunica- other health problems. Medi-

A growing amount of tive medication for dementia. research evidence shows that Diabetes air pollution increases the risk of dementia.

Infrequent social contact

It is well established that social connectedness reduces the risk of dementia. Social contact enhances cognitive reserve or encourages ben- Depression eficial behaviors. Joining a

Particularly in mid-life, obesity is associated with an increased risk of dementia. Obesity can generally be addressed through lifestyle changes such as diet and

Hypertension

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Hypertension (high blood pressure) in mid-life

mental and behavioral disor- dementia, as well as causing veloping dementia.

your risk of developing de- is one of the best ways to re- ble diseases as well as injuries. cation for hypertension is the only known effective preven-

of future dementia. Whether or diabetic retinopathy can any medication helps with increase the risk of developof diabetes is important for however of all conditions of other health reasons.

Depression is associated club or community group with dementia incidence. are good ways to stay socially Depression is part of the symptom that occurs before the symptoms that are used for diagnosis). It is not clear the case. It is important to Elevated LDL levels manage and treat depression for people with dementia.

Hearing impairment

have a significantly increased risk of dementia. Using hearing aids seems to reduce the are commonly associated risk. As hearing loss is one of with some dementias, such the risk factors which affect as Alzheimer's disease. most people, addressing it on the number of people de-

Untreated Vision Loss

has been associated with an increased risk of developing dementia. Studies have Type 2 diabetes is a clear found that some conditions risk factor for development of the eye such as cataracts this is unclear, but treatment ing dementia. This is not true the eye, for example glaucoma or age-related macular degeneration do not appear to increase risk. Through medical intervention it is prodrome of dementia (a possible to reduce risk, for example studies have shown that those who have undergone cataract extraction to what extent dementia may surgery have the same risk of be caused by depression or developing dementia as those the reverse, and both may be who do not develop cataracts.

High levels of low-denbecause it is associated with sity lipoproteins (LDL) choincreased disability, physical lesterol are associated with illnesses and worse outcomes increased risk of developing dementia. In the brain, excess cholesterol is associated with People with hearing loss an increased risk of stroke and increase in amyloid β and tau, two proteins which

Source: https://www. could result in a large impact alzint.org/about/risk-fac-

Your Financial Future

Gary W Boatman MBA,

Untreated vision loss beginning of the year. This ends. By putting these last a lifetime and are fully which helps with both financial planning and ning must start with one retirement benefit calcu- area and that is income lations. Retiring in Janu- planning. Without suffiary also allows people to cient income, you cannot align their retirement with pay bills and sustain life. New Year's resolutions and Hopefully, you have saved carefully for cash flow, month's Senior Times. SS where things change afmay not yet have started. income for a surviving IRA withdrawals as ordi-

> year, now is the time to time income. prepare. This includes re-

to reflect lifestyle changes, own retirement and must Roughly one in four and consider tax planning save enough in an IRA or retirees choose to leave strategies like Roth con- 401k. These qualified savthe workforce at the very versions before the year ings are not guaranteed to timing often makes sense pieces in place now, future taxable. because it coincides with retirees can step confidentreceiving end-of-year bo- ly into January knowing nuses, unused vacation both their finances and payouts, and completing personal plans are aligned a full tax year of income, for a successful retirement.

All retirement planfresh beginnings, mak- enough to do many things tion. However, this choice income is Social Security of pocket costs. means retirees must plan which we discussed in last healthcare coverage, and lasts a lifetime and receives ter retirement. Instead of tax implications early in cost-of-living increases receiving a deduction for the year when benefits like that help to overcome inpensions or Social Security flation. It also produces tions, you must declare For those planning to spouse. Making good retire at the start of next choices can optimize life-

Retirement today is viewing retirement in- much different than for come sources—Social our parents or grandpar-Security timing, pension ents. Back then, people elections, and investment often worked for one comwithdrawals—to ensure pany their whole life, rea smooth transition. Re-tired at 65, started Social tirees should also final- Security & Medicare and ize healthcare coverage received a pension. Todecisions, whether that day, most people do not means enrolling in Medi- receive a pension unless people do not plan to fail; care or choosing retiree they work for a very large they fail to plan. Be sure health insurance. It's wise company or government and protect your family by to update estate planning entity. Today people are making good choices.

documents, revisit budgets more responsible for their

One of the biggest reasons someone may not be able to retire before reaching 65 is the cost of health insurance. If you do not qualify for Medicare, buying private insurance can be very expensive. Studies show that an average 65-year-old couple will spend \$230,000 on healthcare costs over their ing it a psychologically on your bucket list. One lifetime. This includes inattractive time to transi- basic building block of surance premiums and out

Taxes are another area

making IRA contribunary income. Not having a good tax plan can be an expensive mistake when retiring, Upon the first death of one spouse, the survivor could be subject to the widow's penalty where their tax rate could soar. The financial choices that got you to retirement often must be reversed when you are retired. Most

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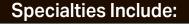
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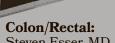
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- Medicare eligibility and enrollment
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- Medicare Part D
- Medicare Supplement Insurance (Medigap plans)
- Help with applying for financial assistance programs
- Comparing plans to determine the best insurance for your healthcare needs
- Medicare appeals and more If you have questions about Medicare,



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Risk is greater if a behavior is new or has increased, and if it seems related to a painful event, loss, or change.

- Talking about or making plans for suicide.
- Acting anxious or agitated; behaving recklessly.
- Talking about being a burden to others.
- Talking about feeling trapped or in unbearable pain.
- Increasing the use of alcohol or drugs.
- Talking about feeling hopeless or having no reason to live.
- Sleeping too little or too much.
- Withdrawing or feeling isolated.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.

If you or someone you know is struggling or in crisis, help is available.

Text or call 988 or chat 988lifeline.org, or reach out to a mental health professional.

988 SUICIDE & CRISIS LIFELINE

Depression and Older Adults

Feeling down every once in a while, is worthlessness, or helplessness a normal part of life, but if these feelings last a few weeks or months, you may trouble sitting still have depression. Read on to learn about depression in older adults, the common signs and symptoms, treatment options, and ways to provide support.

What are signs and symptoms of depression in older adults?

Depression in older adults can be hard to recognize. For some, sadness is not their main symptom. They could instead be feeling emotional numbness or a lack of interest in activities, or they may not be as open to talking about their feelings as younger adults.

The signs and symptoms of depression can look different, depending on the person and their cultural background. People from different cultures may express emotions, moods, and mood disorders — including depression in different ways. In some cultures, depression may be displayed primarily as physical symptoms, such as aches or problems.

toms of depression in older adults. Because individuals can experience desymptoms not listed below.

- Persistent sad, anxious, or "empty"
 - Feelings of hopelessness, guilt, depression-and-older-adults

- Irritability, restlessness, or having
- Loss of interest in once pleasurable activities, including sex
- Decreased energy or fatigue
- Moving or talking more slowly
- Difficulty concentrating, remembering, or making decisions
- Ignoring important roles in life, such as responsibilities with work or
- Difficulty sleeping, waking up too early in the morning, or oversleeping
- Eating more or less than usual, usually accompanied by unintended weight gain or loss
- Increased use of alcohol or drugs, or engagement in high-risk activities
- Thoughts of death or suicide, or importance of listening to stand up and advocate unteers of the Long-Term

If you have several of these signs country's long-term care the value of encouraging gram. The Ombudsman and symptoms and they last for more settings. than two weeks, talk with your doctor. These could be signs of depression or Rights Week in 1981, Res- unique voices. Togeth- the Older Americans Act, another health condition. Don't ignore idents' Rights Month was er, residents, staff, family that advocates for residents pains, headaches, cramps, or digestive the warning signs — help is available. If expanded to the whole members, Ombudsper- of long-term care centers, left untreated, serious depression may month of October in 2011 sons, and other advocates including nursing facilities, The following are common symplead to death by suicide.

If you or someone you know is strug- dents' essential rights. This mote quality care and qual- care homes, and similar gling or in a crisis, help is available. Text year's Residents' Rights ity of life for citizens living long-term care settings. pression differently, there may be other or call 988 or chat <u>988lifeline.org</u>, or Month theme, <u>Stand with</u> in long-term care settings. Ombudsman staff work reach out to a mental health professional.

> Source: https://www.nia.nih.gov/ health/mental-and-emotional-health/

Self Help Techniques to Help Reduce Depression

- Take care of your physical needs: get enough sleep and rest
 - Eat healthily to improve your mood and energy
- Engage in personal care: showering and getting dressed can make a positive difference in how you feel
- Use deep breathing exercises or mindfulness techniques to calm your mind
- Connect with your support system: reach out to family, friends, or a peer support group
- Engage in positive activities: go for a walk, do yoga, listen to

Making a Difference

Celebrate Residents' Rights Month

tober is Residents' Rights Month, an annual event designed to honor residents living in all long-term care facilities and those receiving care in the community. Residents' Rights Month is an opportunity to focus on and celebrate the dignity and rights of every indi-

Me, highlights the impor-

vidual receiving long-term tance of solidarity and Rights Month, we also tions regarding the longservices and to support the support for residents who recognize the staff and volresidents who live in our for their rights, as well as Care Ombudsman Prothe community to join Program is a nationwide Started as Residents' residents in sharing their program, created through to raise awareness of resi- can work together to pro- assisted livings, personal

During Residents' daily to promote residents'

complaints, and provide information to those who need to find a long-term care facility. This Residents' Rights Month, the local Ombudsman will provide training on residents' rights at many local long-term care facilities. If you have any ques-

term care system, the Ombudsman is here to help! Call us today at:

Fayette and Greene County: 1-855-450-2274

Washington County: 1-844-507-8898

Remember that Om budsman services are con fidential and free!

Resource: https://theconsumervoice.org/2025residents-rights-month/

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National Cyber Security

Awareness Month

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Be cautious about how much personal information you provide on social media.

PEOPLE AREN'T ALWAYS WHO THEY SAY THEY ARE ONLINE

Adults of all ages need to be wary of strangers and those appearing to be friends or loved ones online. If someone asks to be your friend on social media, only accept their request if you know them. If someone online asks you for money or sensitive information, pick up the phone and call a trusted number. Dating online? Don't send money or sensitive financial or personal information to anyone you have never met.

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October 2025 Senior Times October 2025 Senior Times Page 11 Page 10

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NOV 6

10 AM - 11 AM



Upcoming In-Person Caregiver Groups

For questions regarding the Caregiver Support Program or Caregiver Support Groups, please call 1-800-734-9603.

The SWPA AAA invites all caregivers to its upcoming meetings.

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Fayette County Community Action Agency, **Building B Board Room** 137 N. Beeson Ave., Uniontown, PA 15401

OCTOBER FROM 1 **TO 2 PM**

MON VALLEY

SPHS Board Room 300 Chamber Plaza. Charleroi, PA 15022 **OCTOBER** FROM 1 **TO 2 PM**

PARKINSON'S

Abundant Life Church 1239 Brownfield Rd. Uniontown, PA 15401

OCTOBER 28 FROM 1

TO 2 PM

GRANDPARENTS

SPHS Board Room 300 Chamber Plaza, Charleroi, PA 15022

OCTOBER 29 FROM 10:30 TO 11:30 AM

WEDNESDAY

WASHINGTON

First Christian Church **Gathering Room** 615 East Beau St. Washington, PA 15301 **NOVEMBER** FROM 1

We hope to see you there!

Finding a Caregiver Support Group:

October is Depression make friends and learn caregiving situation and Program staff. Caregiver minder that caregivers walked a similar path. are at increased risk for tigue. During this month groups can be in person or serve caregivers in general. especially, it's important online and can be run by fellow caregivers such as associations and more. heart disease, stroke, mento seek help when needed. Some support groups are support groups are usually A good support group can run by trained facilitators run by a hospital or charity be a lifeline, providing a such as a social worker, of the specific disease. place — in person, on the care manager, or clergy phone or online — to share member, while others are are specific to the care-

Other support groups feelings confidentially, peers who are also in a givers themselves, such as military caregivers, LGBTQ caregivers, children caring for elderly parents, those caring for their parents as well as young children, etc.

> For those who are reluctant to share, a more appealing option might be a caregiver education group, which focus on topics relevant to caregiving such as stress and burnout or different resources available to caregivers. These groups normally conduct presentations, followed up by question and answer or discussion sessions that allow participants to gain support.

caregiver support groups for referrals. and caregiver education sessions. The support groups at community cengroups are held month- ters, libraries, hospitals, ly and are facilitated by churches, schools, or cofour Caregiver Support fee shops.

Awareness Month, a re- from others who have volunteer to lead groups. support groups are for all Some groups are for peo- caregivers and are open to There are many dif- ple caring for those with the public. A specific supdepression due to chronic ferent styles and types of specific medical condiport group is also held for stress and emotional fa- support groups. Support tions, and others aim to grandparents and/or older adults raising children. There are groups spe- There are currently four to recognize the signs of agencies, faith institutions, cific to Alzheimer's and support groups that run depression in yourself or medical centers, disease other dementias, cancer, in different locations on a monthly basis. The agenpersistent sadness, with- There are many different tal illness and many other cy's caregiver education drawal, or exhaustion, and types of support groups. conditions. These types of group is called Caregiver Coffee Talk and is held on a quarterly basis. Dates and times for the support groups and Coffee Talk can be found in this section of the Senior Times and our

> To find other support groups in your area, you

Facebook page.

1. Search online to find support groups near you.

2. Ask loved ones if they know any support groups that align with your background.

- 3. Speak with a community, spiritual, or religious leader to ask if they can help.
- 4. Talk to your primary care physician or mental health professional for recommendations.
- 5. Check community resources, such as local The SWPA Area Agen- websites, and ask medical cy on Aging offers both professionals or therapists
 - 6. Look for support



This apple crisp is a delicious dessert and a great way to enjoy fall's bounty from the orchard.



4 medium apples 1/4 cup oatmeal, quick cooking

1/4 cup flour

1/2 cup brown sugar



- 1. Wash hands with soap and water.
- 2. Preheat the oven to 350 °F.
- 3. Grease the bottom and sides of a square 9 x 9"
- 4. Remove the cores from the apples. Slice the apples. Spread the sliced apples on the bottom of

FALL BACK

1 tablespoon cinnamon

medium-sized bowl.

1/4 cup butter

5. Cut the butter into small pieces and put in a

UPMC Hillman Cancer Center

- 6. Add the oatmeal, flour, brown sugar and cinnamon.
- 7. Using two knives, cut the butter into the mixture until it looks like small crumbs.
- 8. Sprinkle the mixture over the top of the apples.
- 9. Bake in the oven for about 20 minutes.

Source: https://www.myplate.gov/recipes/apple-crisp-0



DAYLIGHT SAVING TIME ENDS

Apartments for Rent

Ahepa 156 Apartments Canonsburg, PA

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- Must pass a credit and background

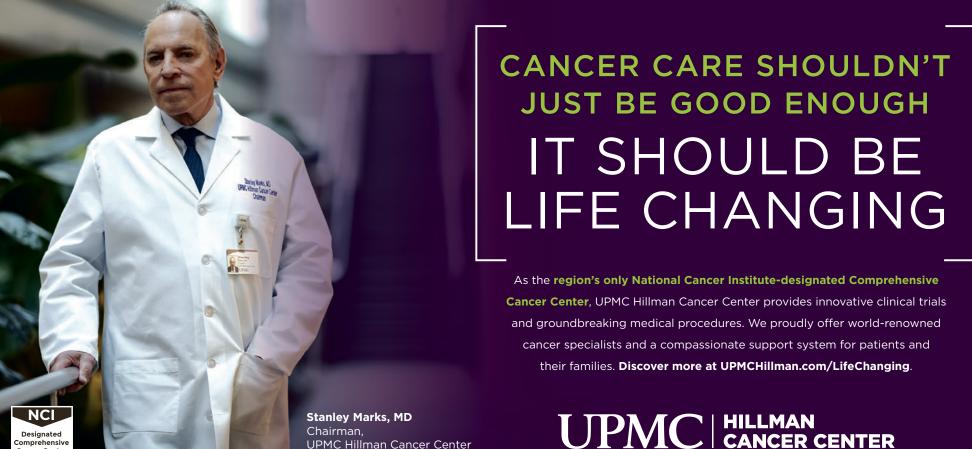
Location: within 5 miles of shopping, hospitals, Tanger Outlets, and Meadows Race Track



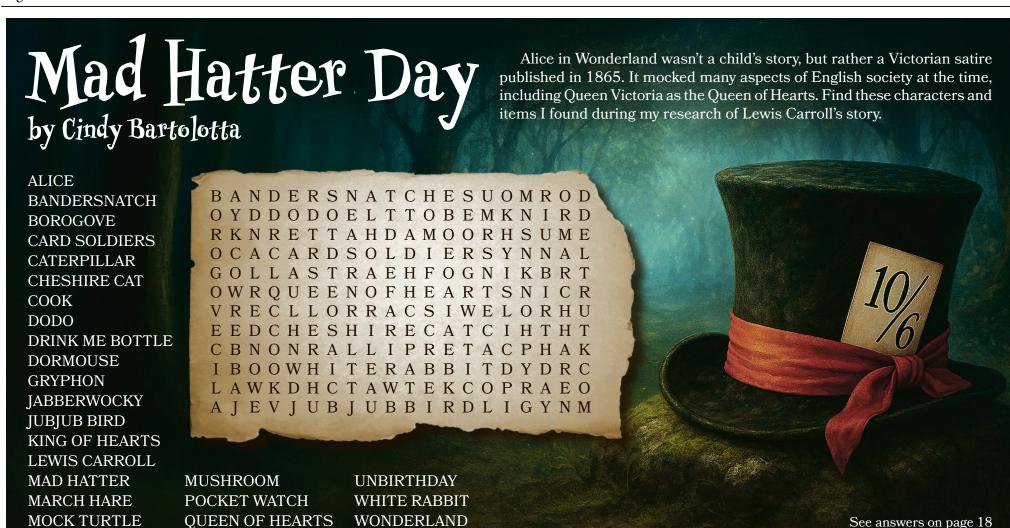
To request an application or more information: Please call 724-746-3570







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Pennsylvania **Department of Aging**

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Weigh Less

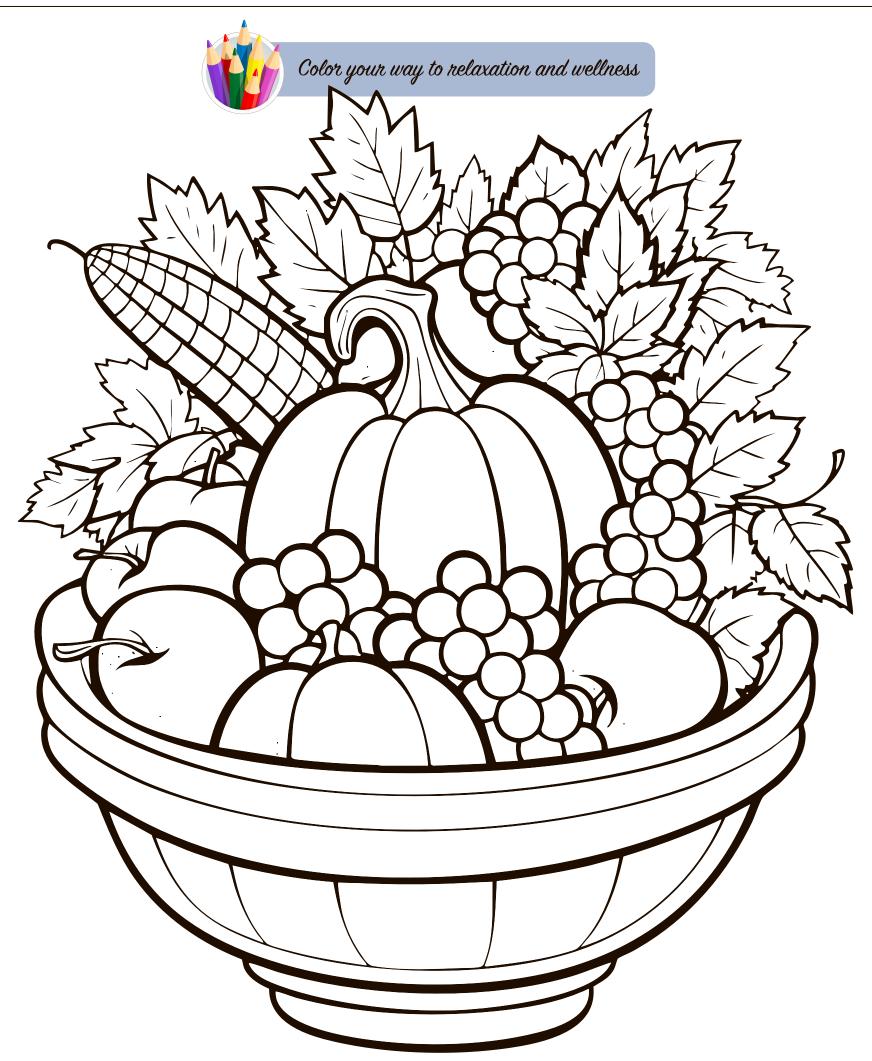


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or visit commlife.org to learn more.





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join us on Funday Fridays for puzzles, read a book or just Senior Community **Center Notes**

birthdays to Eleanor Butela,

mock and Donna Sanders...

BROWNSVILLE

CROSSKEYS

COUNTY

BROWNFIELD

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

-Corrine McKnight

Our center meets on 302 Shaffner Ave Wednesdays at 10 a.m... Our Brownsville, PA 15417 activities include dartball at 10 724-785-6180

-Kim Clay

a.m., assembling jigsaw puzzles and Wii bowling... We en-... We are pleased to inform joy lunches provided by SWPA you that our center has re-Area Agency on Aging... On ceived a state grant for imthe first Wednesday of each provements to our facility. month, we hold our monthly meeting... On the second and fourth Wednesday of the This closure will happen with We welcome all seniors over month, ten games of bingo are a starting date sometime this 60 to become members. It is called... On the third Wednes- month. Please feel free to free to sign up... We have our day of each month, we enjoy contact us for exact dates. We pavilion, upstairs and downcake to celebrate birthdays and are undertaking this reno- stairs halls available to rent a representative from Senior- vation to provide you with a for all events. Please contact LIFE hosts bingo and winners better and more comfortable the Center for rental rates... receive a small snack... Dart- experience. We apologize All members are invited to

ball is played on Thursdays at for any inconvenience this 6:30 p.m... Happy October temporary closure may cause and appreciate your patience Rhoda Applebee, Barb Ger- and understanding during this period. We look forward to welcoming you back to our refreshed location...

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. We will close temporarily for Please call or arrive by 10:30 renovations and upgrades. a.m. to reserve a lunch... Center for more information...

CENTER ON THE HILL

for free. Eat in or take out...

On Oct. 6, Grocery Bingo will

be called from 10 to 11 a.m...

On Oct. 13, we will enjoy a

potluck. Please bring a dish to

share... On Oct. 14, Big Bingo

will be called after lunch... On

Oct. 20, we will enjoy trivia

with Joe at 10:30 a.m... On

Oct. 23, James from Aetna

will present a program at 10:30

a.m... On Oct. 27, Bonus Bingo

will be called after lunch...

On Oct. 30, we will enjoy our

Halloween Party in the morn-

ing... Follow us on Facebook

at Bullskin Township Senior

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

... On Mondays, bingo is called at 10 a.m. and Euchre is played at 12:30 p.m. Both are open to be called. Wear your favorite everyone, so bring a friend. Stop by and join the fun!... morning of fun, fellowship, Join us Tuesday through Fri- food and costume prizes. All day mornings to assemble bingos benefit the Center...

some fun and relaxation... On enjoy a cup of coffee and fel-Oct. 2, we will be entertained lowship followed by lunch... by Hey Joe... On Oct. 4, we On Wednesdays, we enjoy our will hold our all-you-can-eat weekly Jam Session at 11 a.m. breakfast and bake sale from Bring your instruments or 8 to 11 a.m. The cost is \$12 come up to sing! If you don't for adults and \$6 for children want to play or sing, come and under 12. Children under 6 eat listen to our talented performers... On Thursdays, Pinochle club plays at 12:30 p.m. They are currently looking for more members... Our beauty shop is open on Thursdays during normal center hours. If you would like to make an appointment for another day, of the fun activities that we please call our beautician have planned throughout the Roxi at 724-812-2560... One month such as Tai Chi, fellow-Thursday per month, the Ca-ship, special speakers, bingo nasta Club plays. Call Darlene and other activities... Stay and Ondrejko at 724-929-7263 for join us for a delicious lunch more details... On Fridays, Monday through Friday and our 500 Bid group plays at make some great new friends. 11 a.m. If you are interested Please call the day before to in playing, please contact the reserve your lunch for the fol-Center... Lunch is served Monday through Friday at us for our weekly Store Bingo 11:30 a.m. We would love to and after lunch for a chance have you dine in with us. If you are interested in lunch, please call the Center at 724-930--Rick Swaney 8512 the day before to make your reservation... On Oct. 27, a special Halloween Bingo will Luncheon. Congratulations to costume and enjoy a spooky

MASONTOWN 22 S. Main Street

Masontown, PA 15461 724-583-7822

-Laurie Crawford &

Donella Blair . Hello October, Welcome to all the great fall colors... On Oct. 9, join us for the Eberhart Band and our bake sale... Starting Oct. 14 through 31, we will try our luck on Boo Baskets raffles... On Oct 31, we will hold our bake sale. So, come on in and try your luck on baskets and buy some tasty baked goods... Stop by for all lowing day... On Fridays, join to win some great prizes... We want to thank our seniors that attended the county picnic at Washington Run Park. We all enjoyed ourselves... We want to thank everyone who attended our Volunteer Award

PERRYOPOLIS

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

you might find... We want to

encourage anyone to come join

our center for fun and fellow-

ship, don't sit at home and be

bored or lonely. If you have any

questions, you can always call

our center... Hope to see you at

Senior Community

Center Notes

King, Anna Mitchell, Esther members and guests to shop.

and Charles Tissue... Our

Wednesday night bingo fund-

raiser will be coming to an end

in November so get out and

enjoy these last two months

from 6 to 9 p.m. The kitchen

will be open for business... On

Oct. 14 at 9:45 a.m., we will

enjoy horticulture therapy

making flower arrangements

with Great Meadows Garden

Club. Please bring your own

vase, mason jar or small con-

tainer. Great Meadows will

provide the flowers... On Oct

18, we will hold a hoagie, soup

and baked good sale beginning

at 12 p.m... On Oct. 23, we will

-Moira Kirk

Hello October!... Now that we are heading into the fall season, it's a great time to stop kub... Everyone is welcome at favorite time of year. So, grab Center Brain Games... On Oct. on Medicare at 10:30 a.m.. in for coffee, hot chocolate, our center...

Happy October birthdays to On Oct. 28, we will enjoy a cozy environment. All are wel-Kimberly Anderson, William Halloween Party... Our cen- come to join us... On Oct. 1, we glory... On Oct. 2, we will Barry, Donna Bessken, Terri ter accepts used batteries for will enjoy a guest speaker from Brachna, Richard Fazen- recycling... Our center has the Health Insurance Store baker, Gloria Kermes, Rick an ongoing flea market for in Connellsville at 11 a.m.... On Oct. 24, we will welcome Nicholson, Barbara Thomas You never know what treasures a guest speaker from Peak Health Insurance at 10 a.m... Whether you enjoy dressing up on Halloween or celebrate the holiday as yourself, please join social on Oct. 31... Lunch is served Monday through Fribreakfast at 10 a.m. It's a good donation is suggested... On will call Crazy Bingo... On Oct. 8, join us for an after-cream social at 10:30 a.m. Mondays, Wednesdays and

SMITHFIELD COLONIALS

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

.. Happy fall y'all! We can

hardly wait to welcome the Atkinson and Bonnie Baker. host a class about nutrition... or fellowship with others in a season in all its splendor and celebrate anniversaries and birthdays with cake and ice cream, take a chance on Louise's 50/50 and then exercise those calories away... On Oct. 9, **Bob Hileman** will conduct blood pressure screenings, we will take a chance on Louise's 50/50, and we will enjoy Elaine's basket raffle... On Oct. 14, join us at Jamey Lynn's for day at 12 p.m. Please sign up time with good food and good

and come have a spooky good our annual Halloween Party time... We meet every Thurs- and costume judging. Comday starting at 10 a.m. See you dressed to impress and win

UNIONTOWN

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

125 Municipal Road ... Fall is here, and the leaves Carmichaels, PA 15320 are changing. It's time to check 724-491-2011 out our center. We welcome all seniors 60 and over to join.

-Stacy Stroman ... Celebrate the beauty of fall Browse around our Variety with us!... We're open Monday through Friday from 8:30 a.m. Fair Store or use the treadmill in our exercise room. Enjoy to 1:30 p.m. Bingo is called a hot lunch at 11:30 a.m. fol- at 11 a.m., lunch is served at lowed by one game of bingo 11:30 a.m., and exercise equip at 12:15 p.m. Please call our ment is available for use... On office the day before or by 10 Monday, Wednesday, and a.m. on the day of to reserve a Friday, we enjoy playing pool meal... On Oct. 2, join us for in the mornings... On Oct. 3, the day before by noon. A \$2 friends... On Oct. 16, Steve arts and crafts with Candy... join us for Spot the Scam ice 23, Kelli Beres from LaFayette noon tea social with Chelsey On Oct. 10, Pathways will Fridays, bingo is called from Manor will entertain us with Gregory... On Oct. 10, we host a vaccine clinic at 10:15 10 a.m. to 2 p.m... On Tuesdays a game of The Price is Right... will enjoy a movie day with a.m. Paperwork will need and Thursdays, our card club On Oct. 30, Tammy Rhodes snacks... On Oct. 17, Grocery to be completed prior to the meets around 12:30 p.m. for and Judy Hileman will host Bingo will be called... On Oct. clinic... On Oct. 15, Banker's various games and Rummi- a Halloween Fun Day, our 24, we will enjoy Uniontown Life will present a program

prize... Hope to see you soon...

GREENE

COUNTY

CARMICHAELS

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> **Applications Available at: Maple Garden Apts Office**

114 N. Gallatin Avenue, #102 Uniontown, PA 15401 Please call 724-550-4143



MOUNTAIN CITIZENS

Georgia Martin for being such

a great volunteer... Hope to see

Box 105 Farmington, PA 15437 724-329-4260

-Wanda Sherry

.. Welcome to October 2025 in the beautiful Laurel Highlands and surrounding areas... Our center opens on Tuesdays and Thursdays at 9 a.m. and lunch is served at 11:30 a.m... On Tuesdays and Thursdays, we enjoy exercises with Virgil and Pam at 9:15 a.m. to get the body moving... Also, on Tuesdays and Thursdays, bingo is called unless there are special activities planned... On the second Tuesday of each month, we celebrate members birthdays by decorating a birthday table and enjoying a birthday cake. This month our birthday table will be decorated by Pat

LOCAL MEDICARE

GUIDANCE

your Halloween sweetheart 31 at 10:30 a.m., we will enjoy Be sure to call 724-491-2011

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Contact us to today to discuss your Medicare questions as well as Medicare health plan options including Medicare Advantage, Medicare Supplement, and Part D Prescription Drug Plans. There is never a cost for our assistance.

Health Insurance Solutions Company

UPCOMING EVENTS:

- Educational Seminar: How to Select Your Medicare Plan for 2026: October 11, 10:00-11:00am. Eva K. Bowlby Library
- Medicare Plan Annual Review Conferences: November 1, 9:00am 3:00pm, EQT Rec Center



that's waiting to be worn and

match all our tablecloths as

you arrive that day. Pumpkin

creamer and yummy pumpkin

treats will await us before we

many seeds are inside the

to reserve your lunch the day mind a sample or two... On games and music that make and feel free to bring a friend, will be our theme. Find that an awesome October! or two or three...

JEFFERSON

190 Washington Street Jefferson, PA 15344 -Colleen Valosen

... On Oct. 1, we will celebrate do some guessing as to how autumn! Wear the colors of this beautiful season. Along pumpkin we carve. Be here bewith those colors as a focus, fore 10 a.m. to get your guess the almighty apple will get in! We'll play a game or two much attention, too, as we of Hot Pumpkin to round out welcome the warm apple cider the fun... On Oct. 22, we will that one of our members has enjoy Tex Mex Day. Tex Mex asked to make. The welcome refers to a hearty and flavorful table will also probably over- cuisine that combines Mexiflow with our cooks' favorite can and Texan cooking styles. apple dishes. A new member We'll experience it that day wants to share a worm in an when we put together walking apple game that she enjoyed tacos for everyone! Members at work before her retirement. who wish to participate may We will also see how good either dress in red, white and everyone is at identifying green (Mexico) or in Cowboy prior to the clinic... On Oct. 3, apples... On Oct. 8, we will apparel (Texas). These two feature all our travel souvenirs. groups will compete against Be ready to share your travel one another in a card game stories and the trinkets you to make it more interesting... purchased in the process. If On Oct. 29, we will celebrate Life will present a program on there's a dish you just must Halloween featuring our fahave us taste from any of your vorite things, a costume condestinations, we wouldn't test, trick-or-treating and the

prior... We'd love to see you Oct. 15, everything pumpkin this holiday so whacky... Have orange shirt in your closet

MT. MORRIS

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

will need to be completed

our House Bingo will be called

from 10 a.m. to 12 p.m. with

free refreshments. Paper cards

are \$1... On Oct. 8, Banker's

Medicare at 11 a.m... On Oct.

9, Cousin's Main Lobster will

be on-site from 11 a.m. to 7

p.m... On Oct. 22 at 11 a.m., a

representative from Columbia

Gas will present a program on

their customer assistance pro-

gram... On Oct. 19 at 12 p.m.,

come see what we're all about

at our Open House... On Oct.

25, Funnel Shack will be on-

site from 4 to 7 p.m... On Oct.

29, join us for Spot the Scam

ice cream social at 11 a.m.

with our very own Miranda

Chapman... Please be sure to

call 724-324-5396 to reserve

your lunch as we continue to

grow and want to ensure that

WAYNESBURG

1505 Morris Street

Waynesburg, PA 15370

everyone gets a meal...

October is bursting with cozy vibes, colorful leaves enjoy Craft Day... All Thurs- 8, Pathways will host a vaccine at the Center... On Oct. 29, Thursdays, Euchre is played member to use your farmers Your Story, Inspire the Future" and festive fun. The perfect day activities are from 2 to 4 clinic at 10:30 a.m... On Oct. 9 Bridget from SeniorLIFE will at noon... On Fridays, pool market nutrition vouchers with art students from Canon time for you to embrace the p.m... We have a request from and 24, Bridget from Senior- host Grocery Bingo at 10:30 is played at 12 p.m., bingo is by Nov. 30... Lunch is served McMillan School District. It season with us... We are open on Wednesdays from 8 a.m. to 2 p.m... Each week we have making piece quilts, just hand delicious coffee and donuts quilting tops. If you have any will host Mental Health Bingo cards are played at 1 p.m... Please call 724-947-9524 a A \$2 donation is suggested. will host horseraces... On Oct. available... Fellowship begins quilts you need made, just let at 10 a.m... Lunch is served at us know. Remember these are at 10:30 a.m... On Oct. 16, and Fridays, we enjoy exercise 11:15 a.m. to make your lunch can take you to the Center and Halloween Party from 12 to 11:30 a.m... On Mondays, we hand quilted... Until next time, Jamie Bennett from Amediclasses at 7 p.m... Our center reservation... We are actively home... Puzzles are assembled 4 p.m. Join us for fun, games, enjoy line dancing from 6 to God bless... 7 p.m. at no cost... On Oct. 1, **WEST GREENE** Pathways will host a vaccine Harvey's Grange, R.D. 1 clinic at 11:15 a.m. Paperwork

Graysville, PA 15337 724-428-3853

. The ice cream social held at the fairgrounds was a success.. We enjoyed the picnic at Lions Park in September. It was great from other centers... We are always looking for new members. We meet on Thursdays from 9 a.m. to 2 p.m. Lunch is served at 11:30 a.m. After lunch bingo is called... We also enjoy games like Forenoon, Farkle and Wii... Come out and join us for laughter and catching up on the latest

WASHINGTON COUNTY

BENTLEYVILLE 931 Main Street

Bentleyville, PA 15314 724-239-5887

... Happy October, friends!

Mondays and Thursdays, we enjoy chair exercise at 10:30 Talk at 10:30 a.m... On Oct. will enjoy a Halloween Party. out our Facebook page to stay Dress up and join us for a fun up to date... afternoon!... Please check our Facebook page Bentleyville Senior Center to find our cur-

BETH CENTER

rent lunch menus, calendar of

events and daily activities at

the Center!...

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

... October is here, bringing board meeting at 12 p.m. We cozy sweaters, pumpkin spice, encourage all members to and plenty of autumn fun! attend... On Oct. 15, Pathways Join us this month for activi- will administer vaccines at 10 ties and events that will warm a.m... On Oct. 17, we will hold -Hannah Burns your heart... We would like to a Veterans Hero Breakfast at welcome our new center coor- 9 a.m. All veterans of any age The leaves are changing, the dinator Renee Presto. If you and their spouses are welair is crisp and it's the perfect haven't had the chance to meet come... On Oct. 22, Bridget time to come together for fun her, please stop down and say from SeniorLIFE will host fall activities... Lunch is served hello!... On Oct. 1, Pathways Grocery Bingo at 10:30 a.m. -Betty Grove Monday through Friday at will host vaccine clinic at and help us celebrate birth-. Fall is finally here! We have 11:30 a.m... Before lunch we 10:30 a.m... On Oct. 9, Jamie days... On Oct. 23, George

enjoy On The Move exercise a.m... On Oct. 3, Big Bingo 10, Big Bingo will be called at classes... On Tuesdays, line will be called at 1 p.m. Ev- 12:30 p.m. All are welcome. dancing lessons are from 12:30 eryone is welcome. Bring Bring a friend!... On Oct. 16 to 1:30 p.m.... On Wednesdays, a friend!... On Oct. 6, Pat at 12:30 p.m., we will enjoy we enjoy yoga at 12:30 p.m... will conduct blood pressure bowling with our friends from On Fridays, Tai Chi class is screenings and we will hold Bentleyville Senior Center at Plate Bingo at 10 a.m... On at Bentleyville Lanes... On A \$2 donation is suggested for updates!... Oct. 22, Fairway Florals will those 60 and older... We need host a pumpkin decorating help delivering home-delivclass at 12 p.m. Sign up at ered meals. If you are interestthe Center. The cost is \$12 ed in volunteering your time, to catch up on the latest news per person... On Oct. 31, we please call the Center... Check

BURGETTSTOWN

200 Senior Wav Burgettstown, PA 15021 724-947-9524 -Kristin Frazier

... We are enjoying the cool breezes and autumn leaves!... On Oct. 9, Elena from Behavioral Health will visit the Center at 10:30 a.m... On Oct. -Hannah Burns 14, we will hold our monthly noticed some of the trees enjoy Euchre and assembling Bennett from Amedisys will from Highmark will host My

Senior Community **Center Notes**

held at 12:30 p.m... On the our monthly meeting at 12:15 Bentleyville Lanes... On Oct. Oct. 31, we will enjoy some first Thursday of the month, p.m. Members are encouraged 20, we will hold our monthly Halloween fun! Wear your we enjoy DVDs of music... to attend to find out what will meeting at 12 p.m. Members favorite costume or Hallow-On the second Thursday of be going on in the club!... On are encouraged to attend to een attire... On Mondays and the month, we enjoy movies... Oct. 7, we will enjoy a taco find out what will be happen- Wednesdays, Silver Sneakers* ... October is here with cooler a.m... On Oct. 15, join us to see On the third Thursday of the bar for National Taco Day... ing at the Center... On Oct. starts at 1:15 p.m... On Tues- temperatures, colorful scen- what's going on and add your month, we enjoy Game Day in Also, on Oct. 7, Humana will 22 at 12 p.m., we will make days, Thirty-One is played at ery, and weather changes. ideas... Also, on Oct. 15, Tiffathe afternoon... On the fourth visit the Center at 9:30 a.m. ornaments for the Capitol 12 p.m... On Wednesdays, 500 Time for apple cider, apple ny will host Grocery Bingo... Thursday of the month, we for an open house... On Oct. tree in Harrisburg. Sign up Bid is played at 12 p.m... On festivals and Halloween... Re- On Oct. 27, come and "Share the quilters. They need more LIFE will host Grocery Bingo a.m... Don't forget we enjoy called at 12 p.m and Silver Monday through Friday at 11 is always great fun to interact quilt tops to quilt. They are not at 10:30 a.m... On Oct. 14, assembling puzzles daily, bin- Sneakers starts at 2 p.m... a.m. Please call one day in with our school students... On Elena from Behavioral Health go is called at 12:30 p.m. and Lunch is served at 11:30 a.m. advance to reserve your meal. Oct. 29, Kelly from Townview and a depression screening On Mondays, Wednesdays, day in advance from 10:30 to Remember Freedom Rides 31, we will enjoy our annual sys will be at the Center for is open Monday through Fri- searching for home-delivered daily... On Tuesdays, we hold costumes prizes and a candy Senior Talk... Also, on Oct. day from 8:30 a.m. to 4 p.m... meals volunteers... Follow us Bible study at 9:30 a.m.. On exchange. If you want to take 16 at 12:30 p.m., we will enjoy Lunch is served at 11:30 a.m. on Facebook to keep up to Oct. 1, United Health will host candy home, bring candy in bowling with our friends from Please call before 9 a.m. the date with our activities or stop Medicare Bingo... On Oct. to share... On Nov. 24, we will Beth Center Senior Center day of to reserve your meal! in the Center for the latest 2, Roberta will host Noodle host our annual Veteran's Day

our activities meeting. Come **CANONSBURG** and share your ideas... On Oct. 30 E. Pike Street 8, Sam will host Grocery Bin-Canonsburg, PA 15317 go... On Oct. 9, we will hold 724-745-5443 -Lindsay Grasha our business meeting at 10

honor the men and women Theme will be Tuesday, Oc- changed your plans, please call who have served to keep us tober 21, at 11 a.m. D.J. Frog Debbie Mulshen (724-554 safe... We are looking for peo-(500 Bid, Pinochle, Euchre) games, etc... It's your center, oring your ideas!...

CHARTIERS TOWNSHIP

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

will provide the music. Prizes 2485) by Thursday, October ple who want to play cards will be awarded to one woman 16. Our group will host the recommended. If you didn't 12:30-3:30 p.m.; Game Days Our Business Meeting fill out a reservation form on Wednesdays, 12:30-3:30

and one man having the most Washington County Corn Bag original outfit representing the Tournament on Friday, Octo-50s and 60s. There also will ber 17, at 10 a.m. Upcoming be an old fashion cake walk. activities are: Keep Moving Our menu will be: Creamed exercise class, Mondays, 1 chicken with biscuits, mashed p.m.; Bingo, Tuesdays and Fripotatoes, buttered peas and days, 10 a.m.; Grocery Bingo, dessert. Catered by Metz Cu- Friday, October 10; Cards, linary Mgt. A \$2 donation is Tuesdays and Wednesdays, and luncheon with an Oldies at the last luncheon or have p.m. will now include cards

Page 17

Health & Rehabilitation Center SPECIALIZING IN NURSING & REHAB 300 BARR STREET CANONSBURG, PA 15317 724.746.5040 Ball... On Oct. 6, we will hold Luncheon. Come join us to





pennsylvania

1 YMCA Drive, Uniontown

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

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.



SPHS Southwestern Pennsylvania Area Agency on Aging

FREEDOM FREE AND DISCOUNTED SENIOR RIDES Free bus rides and affordable door-to-door shared rides for seniors 65+ 724-223-8747 freedom-transit.org

Senior Community **Center Notes**

~ author unknown... Welcome

through Friday at 11:30 a.m.

Please call a day or two before

to make your lunch reserva-

tion... On Mondays, we enjoy

Pokeno... On Wednesdays and

Fridays, bingo is called follow-

ing lunch... On Oct. 1, Bridget

from SeniorLIFE will host

Grocery Bingo at 10:30 a.m..

On Oct. 10, Pathways will ad-

minister various vaccines and

immunizations. Please call the

center if you are interested..

On Oct. 15, a Special Bingo

will be called at 10:30 a.m.

with Alayna from Washing-

ton County Behavorial Health

& Developmental Services...

On Oct. 22, Bobby Shawn will

12 p.m. October is our anni-

greeting cards, Tuesdays, Oc- minder of life's fleeting beauty vou soon... tober 7 & 21; 5:30 p.m.; Chair and the richness of letting go" Yoga, Wednesday, 11 a.m., but no Chair Yoga October October! Stop by and enjoy 15 due to the scheduled train hot chocolate, coffee or a cup bus tour; Tops: Wednesdays, of tea on a chilly morning!... with a new start time of 4:30 Lunch is served Monday p.m.; Crafts, Thursdays, October 9 & 23, 5 p.m.. A special thank you to Bridget Borelli, SeniorLIFE's outreach coordinator, for providing prizes for Grocery Bingo. You can follow us on our Chartiers-Houston Senior Center Facebook page and also by accessing the Chartiers Twp. Community Center's website www.chartiersparks.com... For additional information, contact Mary Jane Stewart, President (724-745-8703); or Angela O'Connor, at the Chartiers Twp. Community Center (724-485-2126)...

CROSS CREEK VALLEY

28 Clark Avenue Avella, PA 15312 724-587-5755

-Rita Grubbs all our familiar faces and wel- p.m... Annual Open Enroll- by noon to reserve a meal. A

Attorney at Law

Think your online boyfriend is too

good to be true? It's probably a scam.

Insist on meeting him in person.

Insist on meeting his children.

Insist on facts.

Don't buy a story.

Call for an appointment

724-437-4700

Sweet Sentiments will provide ... "October teaches us that in coming new friends to join supplies to create handmade every falling leaf, there is a re- us. We look forward to seeing

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

October is a month of diverse experiences, encompassing natural beauty, festive celebrations, and opportunities for reflection and new the world transitions, both in nature and in human activi-

DONORA

-Calvalier LaRue

ment period for Medicare is \$2 donation is suggested... We Oct. 9, we have the privilege ties, leading into a period of On Oct. 8, a representative company... On Mondays and Oct. 16, a representative from introspective and anticipation from Aetna will be at the Cen- Wednesdays, bingo is called United Healthcare will visit of the winter months. October ter from 11:30 a.m. to 12:30 at 12:30 p.m... On Thursdays, the Center at 10:30 a.m... On is designated as Breast Can- p.m. to compare and review Pokeno is played from 12 Oct. 21, **Kelly** from Townview cer Awareness Month and your current coverage and to 3 p.m... Happy October will host horseraces at 10:30 includes other awareness ini- offer free confidential help. birthdays to Helen Pasterick, a.m... On Oct. 23, Hannah tiative like ADHD Awareness We will enjoy a raffle with James Richard, Christine from Premier will conduct Month. October is a month of prizes... On Oct. 22, Keith Surman, Flora Gibasiewicz blood pressure screenings... diverse cultural celebrations King from Medicare will be and France Filardi... including Diwali, the Indian at the Center to discuss plan Festival of Lights, and Okto- benefits and answer questions perform our favorite tunes at berfest, and let's not forget the from 11:30 a.m. to 12:30 p.m. festive celebrations of Hallow-We will also enjoy Medicare versary month at the Center een... On Oct. 1, UPMC will Bingo with prizes... Lunch is and Bobby always makes it a host a fall prevention work- served Monday through Frispecial day... We enjoy seeing shop from 11:30 a.m. to 12:30 day. Please call the day before

N RETTAHDAMOORHS (U) (M) (CARDSOLDIERS) YN N A L L A (S T R A E H F O G N I K) B R OWRQUEENOFHEARTSN V R E C L L O R R A C S I W E L O E E D C H E S H I R E C A T C I B N O N R A L L I P R E T A C I B O O W H I T E R A B B I T D Y D R L | A | W | K | D (H C T A W T E K C O P) | R | A | E | O

AJJEV JUBJUBBIRDLIG YNM

(B) ANDERSNATCHXESUOMROD

O(Y)DOOOELTTOBEMKNIRD

Word Search Answers from page 12

p.m... On Oct. 9, Sam from will be crafting some ghost 1 to 4 p.m. The is an \$8 fee to

from Oct. 15 to Dec. 7... Open always welcome new faces to to welcome back the Ballroom Enrollment is a crucial period join us for our morning coffee Dancers at 12:30 p.m... On for individuals to secure or hour from 9:30 to 10:30 a.m. Oct. 14, we will host a vacadjust their health insurance. or just relax and enjoy good cine clinic at 10:30 a.m... On On Oct. 24, we are planning a trip to the casino... On Oct. 28, Dr. Dan will visit the Center at 10:30 a.m. and we will celebrate National Chocolate Day... On Oct. 29, we will enjoy craft day at 10:15 a.m... Have a great October and enjoy Halloween!...

MCGUFFEY

105 Green Street Claysville, PA 15323

724-663-4202 -Olivia Gorby ... We are ready to get spooky please sign up a week before...

feel free to do so!... On Oct. pointment... Lunch is served 31, we will enjoy a Halloween Monday through Friday at 12 Party starting at 10 a.m... On p.m. Please call by noon the Tuesdays, we enjoy Bunco at day before to make your res-10 a.m... On Wednesdays, we ervations... On Mondays, we hold Bible study at 10:15 a.m... enjoy Pokeno and game day... On Oct. 20 and 27, we will On Tuesdays, we enjoy arts play corn bag toss... Feel free and crafts... On Wednesdays, to come to our center for some Wii bowling is played... On hot coffee, fun activities, and Thursdays, bingo is called... good conversation... Hope to On Fridays, we hold Bible study... We are in dire need of volunteers to help with home-delivered meals. Help is needed Monday through Friday starting at 10:30 a.m. It only takes one to two and a half hours to de depending -Linda Matchett on what route you have. Even ...We are enjoying the fall if you can just help one day a weather and each other's comweek, it will help! Please call pany, as we meet monthly... Mickelina at 724-258-9511...

Senior Community

you to come in and warm DJ, games, and prizes. Best ed. This is a free event, but

Center Notes

PETERS TOWNSHIP

Hope to see you soon!... Hap-

py Halloween...

700 Meredith Drive Venetia, PA 15367 724-942-5000

-Maura George Senior luncheons are held on the second Wednesday of each month from 12 to in touch to find out where 2 p.m. at the Community we will be going... On Oct. Recreation Center. At each 17, we will hold our sub sale. luncheon, entertainment, They are a great treat for only an interesting speaker or an \$7... On Oct. 31, Halloween interactive activity is provid- will be a great time. Bobby

TRANSIT

The Mid Mon Valley Transit Authority (MMVTA)

VULCAN FLYER FOR CALU STUDENTS!

For more info, visit WWW.MMVTA.COM

wish to bring in some baked Fridays. Call 724-258-9518 and Recreation Department. the Monday before the event or until full. Luncheons will be held on Oct. 8, Nov.12, and Dec. 10. On Oct. 8, we will enjoy magic by **Ray Lewis**... On from 6 to 8 p.m. The cost is is played at 11:30 a.m. The Senior Center... \$10 for members and \$15 for welcome new players... We non-members... On Oct. 30, hope to see you soon... join us for parking lot bingo from 12 to 2 p.m. Play bingo from the comfort of your car! Players will receive disposable bingo cards and markers. When you get a bingo, honk your horn. Bring your own drinks and snacks. Chairs are welcome. Space is limited. Senior citizens only event. Wear

RIVERSIDE PLACE 303 Chamber Plaza

your best Halloween costume

to enter for a prize...

Charleroi, PA 15022 724-483-5800 -Alexis Lovas

... Happy fall! If you like the chilly weather and beautiful leaves, you are in luck this month... On Oct. 13, we are planning a van trip to one of our favorite malls. Keep

724-489-0880

spooky tunes and we look ber! May this month find you and Learn... On Oct. 18, join forward to seeing you in your well... On Oct. 9, we will enjoy us at the Alpine Club Lanes homemade costumes. Wear a pork with gravy for lunch. for Spud Night from 3 to 7:30 mask and we will guess who Following lunch, Chris from p.m. Tickets are \$10 in advou are... Lunch is served Mediconnect will visit the vance or \$15 at the door. You Monday through Friday at 12 Center... On Oct. 23, we will p.m. Please sign up the day enjoy pot roast with gravy up with a hot cup of tea and costume will also receive we encourage you to bring a before to enjoy a delicious for lunch. Following lunch sweet treats at our Tea Party. a prize, so come dressed covered dish or a dessert to and nourishing meal with bingo will be called... Our cupcake for dessert. There will The Center will be providing up!... Hair by Laurel is open share. This event is hosted by your friends... On Mondays doors open at 11 a.m., lunch the teacups and tea. If you Wednesdays, Thursdays and the Peter's Township Parks and Wednesdays, Zumba is served at noon, and activiis offered... On Tuesdays at ties start at 12:30 p.m... Feel goods or small treats, please or stop in to make an ap- Pre-registration is required by 10:30 a.m., we play the card free to bring a friend. All are to check our schedule for **On** game Golf. We really have welcome... Meal reservations The Move ... Try one of our fun! Sign up to play and join should be made no later than us for lunch... On Thursdays, two days before the meal date. we enjoy craft day. Come on Please call 724-228-6996 to in and show us your crafting make your reservation... Look Oct. 7, learn how to crochet talents... On Fridays, Euchre for us on Facebook at Venetia

Shawn will be singing some new wishes. Welcome Octo- Oct. 9, we will enjoy a Lunch

69 W. Maiden Street

Washington, PA 15301 724-222-8566

a time for Halloween, pumpkins, and trick-or-treats... On Fridays, bingo is called after Oct. 8, Music Bingo will be lunch starting at 12:15 p.m. called at 12:15 p.m. following On Oct. 31, join us for Special lunch. It is a lot of fun!... On Spooky Bingo...

WASHINGTON

... Welcome October! This is

will receive a large baked potato with your choice of top pings plus a side salad and be games and raffle baskets.. On Oct. 22, we will enjoy a movie at 12:15... Don't forget weekly activities... On Mon days, Silver Sneakers with muscle strength and cardio starts at 10:30 a.m. and dart ball is played at 12:30 p.m. On Tuesdays, Euchre is played at 12 p.m... On Wednesdays, Bible study is held at 9:30 a.m... On Thursdays, Silver Sneakers' with cardio, muscle -Lynne Cowden strength and yoga starts at 9 a.m. and the Card Club plays 500 Bid at 12:15 p.m... On

Page 19

Feel like you're "Rolling the dice when it comes to choosing Medicare coverage? pennsylvania Medicare Education and Decision Insigh 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



VENETIA

COMMUNITY

CENTER

800 Venetia Road

Venetia, PA 15367

724-228-6996

... New month, new day, new

date, new chapter, new page,

-Shawn Arent



NOW LEASING! Sheryl R. Heid,

Apartments

Accepting Applications 62 years and older

144 N. Beeson Ave., Uniontown PA 15401

Community Amenities: ✓ Laundry Facilities ✓ Property Manager Onsite

Apartment Features: ✓ AC/Heat ✓ Cable Ready

✓ Kitchen/Oven/Refrigerator

724-438-3089

Meadow Heights

EQUAL HOUSING OPPORTUNITY

McDONALD/CECIL Cecil Township Municipal 3599 Millers Run Road Cecil, PA 15321 724-743-1827 -Marlene Wilson .. Happy autumn...October brings a change of color in

the leaves, pumpkins, and Halloween!... In September, the senior picnic was enjoyed by all... The positions of vice-president and treasurer 7, PA Health & Wellness will

are open for 2026. If anyone is for the upcoming Halloween interested in running for these season!... On Oct. 2, Pat Magpositions, please inform the gi will host a history lesson at center coordinator or presi- 10 a.m... To prepare for the dent. Nominations will take upcoming flu season, we will place in November and voting host a flu shot clinic on Oct. will be held in December for 6 at 10 a.m. Make sure to sign a two-year term... On Oct. up before this date to receive 2, Washington Behavioral your flu shot... On Oct. 10, we Health will host a Feel Good will enjoy a van trip leaving at Bingo at 10:30 a.m... On Oct. 9:30 a.m. If you plan to attend, host fall painting at 10:15 On Oct. 16 and 30, Seniora.m... On Oct. 8, we will hold LIFE will host Grocery Bingo here!... On Oct. 24, we will our monthly meeting at 12 at 10:30 a.m... On Oct. 17, we enjoy a Halloween Party from

ing autumn.. 102 W. Main Street

... It's fall y'all, so let's have

MONONGAHELA

MIDWAY

Center U.P. Church

110 Washington Avenue

Midway, PA 15060

724-796-0505

Along with our catered din-

ner, we have programs lined

up for November and Decem-

ber... In October, we will host

Jim Curtis, who will present a

program on the newly estab-

lish Midway Museum located

in the former Midway Meth-

odist Church... In November,

we will enjoy our favorite ac-

tivity, the auctioning of brown

bags with unknown treasures

in them!... All are welcome the

first Thursday of each month

for a brief meeting, lunch and

entertainment... Keep enjoy-

Monongahela, PA 15063 724-258-9511 -Mickelina Smith

some fun before winter gets SeniorLIFE will host Grocery decorations for the Halloween help with the costs. We will Bingo at 10:30 a.m... Also, on season... On Oct. 23, we invite enjoy food, snacks, drinks, a

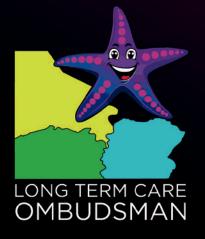
The Power of Your Voice

Don't be left out of the group this October



October is Residents Rights Month

This October become a Volunteer Ombudsman to support resident rights.



OMBUDSMAN

We are ready to serve all of your resident rights and long-term care needs.

1-855-450-2274