

SENIOR Times

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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
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Just One Day of Your Life Can Change Someone Else's Forever

Home fires claim seven lives every
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That's why the American Red Cross is
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alarms, create escape plans and share fire
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the Alarm event near you. Make an even
greater impact and donate to help fami-
lies prepare for, respond to and recover
from home fires.

More information can be found by
visiting the home fire safety page of the
American Red Cross of Greater Penn-
sylvania Region or by calling 1-833-315-
0882.

Source: [https://www.redcross.org/lo-
cal/pennsylvania/greater-pennsylvania](https://www.redcross.org/local/pennsylvania/greater-pennsylvania)



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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
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ern Pa. are acknowledged in this space,
unless anonymity is requested.

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In Memoriam

Robert V. Headlee

In Memory of
Stanley & Ardis Headlee;
Harland & Norma Headlee;
Rob Headlee;
Mary Lee Booth Headlee

FARMER'S ALMANAC OCTOBER 2025

Temp. 56° (2° below
avg.) precip. 2" (0.5"
below avg.). 1-7 Isolat-
ed showers, then sun-
ny; warm then cooler.
8-11 Scattered showers,
warm. 12-16 Sunny,
cool. 17-26 Rainy, then
sunny; cool. 27-31 Iso-
lated showers, warmer.

NOTICE OF PUBLIC MEETINGS

The Southwestern PA Area Agency on Aging,
Inc., Board of Directors will meet on the
following dates in 2025:
November 20 December 2
The Southwestern PA Area Agency on Aging,
Inc., Advisory Council will meet on the
following dates in 2025:
October 15 December 10
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.

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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 Depart-
ment 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 Old-
er 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-rang-
ing experiences of aging to counteract the
myth that our chronological age defines
who we are.

"Aging is a universal experience, but
it happens in different ways for different
people. Too often, we think about aging
only in terms of what we lose and assume
that everyone we consider to be "old" has
the same concerns and experiences. But
that's simply not true. Society is always
stronger when we embrace the many
different voices, experiences, and per-
spectives that make us who we are; our
chronological age contributes to that rich-
ness and needs to be viewed as an asset."

Yet one of the most widespread and
socially accepted forms of prejudice,
ageism is defined by the World Health
Organization as "the stereotypes (how
we think), prejudices (how we feel) and
discrimination (how we act) towards oth-
ers or oneself based on age." It impacts
us at all ages, every time people make
assumptions about us because of our age.

Ageism can be found everywhere,
from our workplaces and health systems
to stereotypes we see in entertainment,
advertising and the media. But despite
the many pervasive myths about aging,
reality is quite different:

• **Myth:** If I avoid aging, I'll be happier
and healthier. Reality: We can and should
change our views about aging. Negative
self-perceptions of aging decrease quality
of life and can shorten lifespan by 7.5
years.

• **Myth:** Aging is the same for every-
one. Reality: Our experience of aging
ranges widely, depending on many



factors, from genetics to encompassing
factors like policies and culture. Ageism
exacerbates other experiences of discrim-
ination.

• **Myth:** Older adults can't learn new
things, are hoarding wealth - and many
other negative stereotypes portrayed in
the media. Reality: We learn and engage
at every age and older adults are not uni-
form in wealth, beliefs or any other aspect
of who they are.

• **Myth:** Differences between genera-
tions are substantial. Reality: Differences
between generations have been over-
blown, and we often share as much across
generations as within them. These beliefs
keep us from working together on issues
that impact people of every age.

"The American Society on Aging and
our members, partners, and allies are
raising awareness about ageism and its
harms," adds Clark-Shirley. "Together,
we are advancing a new, more complete
narrative that recognizes the many ways
people experience aging, while working
to break down the barriers that keep us
from building a world where everyone
can grow older on their own terms. Join
us as we shape a future where we all thrive
as we age!"

Learn more about ageism and how to
take action at the ASA Ageism Aware-
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Greene County

The Lions Club Park in Waynesburg, PA hosted the 4th annual Greene County picnic. The Greene County Picnic was sponsored by Berkshire Hathaway Energy Company. This year's theme was 50's Rock 'n' Roll with entertainment provided

by former American Idol contestant, Jack Nicora. Participants enjoyed a delicious picnic style meal prepared by the Blueprints kitchen staff. The attendance was from all six Senior Centers for a total of 122 Seniors in attendance – the biggest crowd yet!



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Washington County

On September 4, the 4th annual area-wide senior picnic was held at Mingo Park. Entertainment was provided by an interesting ventriloquist, Cindy Speck, with music in the afternoon by Yesterday Moments. Donations were received from Range Resources for entertainment, Iron Senergy for tent rental, and Sam's Club and Dean's Water for water donations. Commissioner Nick Sherman attended and gave a welcome address, and Dr. John Tamiggi, Washington

County Director of Human Services, gave a blessing.

The raffle baskets and half-the-take raised over \$1,300. Over 280 older residents enjoyed a delicious picnic lunch provided by Metz Culinary Management, and many attendees provided homemade cookies for dessert. The picnic was sponsored by Aging Services of Washington County, SWPA Area Agency on Aging, Inc, and Washington Area Senior Citizens Center, Inc. A good time was had by all.



Fayette County

The Fayette County Senior Centers gathered for their annual picnic on Friday, September 19, at Washington Run Park's Sampey Pavilion in Perryopolis.

Centers represented at the event included the Uniontown Adult Recreation Center, Brownsville Senior Center, Connellsville Senior Center, Smithfield Satellite Center, Masontown Senior Center, Perryopolis Senior Center, and Center on the Hill.

Attendees enjoyed an after-

noon of bingo and door prizes contributed by the participating centers. A highlight of the day was the presentation of the traveling trophy, awarded each year to the senior center with the highest attendance. Smithfield Satellite Center, last year's winner, returned the trophy, which was presented to Perryopolis Senior Center for drawing the largest crowd this year.

Lunch was prepared and served by the Central Kitchen.



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

Risk factors for dementia

The greatest risk factor for Alzheimer's disease and other dementias is increasing age. Although age increases risk, dementia is not a normal part of aging.

Keeping active, eating well and engaging in social

activities all promote good brain health and may reduce your risk of developing dementia. Keeping your heart healthy, including by avoiding smoking and excessive alcohol consumption, can lower your risk of dementia and other diseases too.

Physical inactivity

Regular physical activity is one of the best ways to reduce your risk of dementia. It's good for your heart, circulation, weight and mental wellbeing. It is recommended that adults aim for either 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity each week.

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.

Excessive alcohol consumption

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

mental and behavioral disorders, other noncommunicable diseases as well as injuries.

Air pollution

A growing amount of research evidence shows that 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 beneficial behaviors. Joining a club or community group are good ways to stay socially active.

Obesity

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 exercise.

Hypertension

Hypertension (high blood pressure) in mid-life increases a person's risk of

dementia, as well as causing other health problems. Medication for hypertension is the only known effective preventive medication for dementia.

Diabetes

Type 2 diabetes is a clear risk factor for development of future dementia. Whether any medication helps with this is unclear, but treatment of diabetes is important for other health reasons.

Depression

Depression is associated with dementia incidence. Depression is part of the prodrome of dementia (a symptom that occurs before the symptoms that are used for diagnosis). It is not clear to what extent dementia may be caused by depression or the reverse, and both may be the case. It is important to manage and treat depression because it is associated with increased disability, physical illnesses and worse outcomes for people with dementia.

Elevated LDL levels

High levels of low-density lipoproteins (LDL) cholesterol are associated with increased risk of developing dementia. In the brain, excess cholesterol is associated with an increased risk of stroke and increase in amyloid β and tau, two proteins which are commonly associated with some dementias, such as Alzheimer's disease.

Source: <https://www.alzint.org/about/risk-factors-risk-reduction/>

Hearing impairment

People with hearing loss have a significantly increased risk of dementia. Using hearing aids seems to reduce the risk. As hearing loss is one of the risk factors which affect most people, addressing it could result in a large impact on the number of people de-

veloping dementia.

Untreated Vision Loss

Untreated vision loss has been associated with an increased risk of developing dementia. Studies have found that some conditions of the eye such as cataracts or diabetic retinopathy can increase the risk of developing dementia. This is not true however of all conditions of the eye, for example glaucoma or age-related macular degeneration do not appear to increase risk. Through medical intervention it is possible to reduce risk, for example studies have shown that those who have undergone cataract extraction surgery have the same risk of developing dementia as those who do not develop cataracts.

Your Financial Future

Gary W Boatman MBA, CFP

Roughly one in four retirees choose to leave the workforce at the very beginning of the year. This timing often makes sense because it coincides with receiving end-of-year bonuses, unused vacation payouts, and completing a full tax year of income, which helps with both financial planning and retirement benefit calculations. Retiring in January also allows people to align their retirement with New Year's resolutions and fresh beginnings, making it a psychologically attractive time to transition. However, this choice means retirees must plan carefully for cash flow, healthcare coverage, and tax implications early in the year when benefits like pensions or Social Security may not yet have started.

For those planning to retire at the start of next year, now is the time to prepare. This includes reviewing retirement income sources—Social Security timing, pension elections, and investment withdrawals—to ensure a smooth transition. Retirees should also finalize healthcare coverage decisions, whether that means enrolling in Medicare or choosing retiree health insurance. It's wise to update estate planning

documents, revisit budgets to reflect lifestyle changes, and consider tax planning strategies like Roth conversions before the year ends. By putting these pieces in place now, future retirees can step confidently into January knowing both their finances and personal plans are aligned for a successful retirement.

All retirement planning must start with one area and that is income planning. Without sufficient income, you cannot pay bills and sustain life. Hopefully, you have saved enough to do many things on your bucket list. One basic building block of income is Social Security which we discussed in last month's *Senior Times*. SS lasts a lifetime and receives cost-of-living increases that help to overcome inflation. It also produces income for a surviving spouse. Making good choices can optimize lifetime income.

Retirement today is much different than for our parents or grandparents. Back then, people often worked for one company their whole life, retired at 65, started Social Security & Medicare and received a pension. Today, most people do not receive a pension unless they work for a very large company or government entity. Today people are

more responsible for their own retirement and must save enough in an IRA or 401k. These qualified savings are not guaranteed to last a lifetime and are fully taxable.

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 lifetime. This includes insurance premiums and out of pocket costs.

Taxes are another area where things change after retirement. Instead of receiving a deduction for making IRA contributions, you must declare IRA withdrawals as ordinary 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 people do not plan to fail; they fail to plan. Be sure and protect your family by making good choices.

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The Annual Open Enrollment Period 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.



SUICIDE WARNING SIGNS FOR ADULTS

You Are Not Alone



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 a normal part of life, but if these feelings last a few weeks or months, you may 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 pains, headaches, cramps, or digestive problems.

The following are common symptoms of depression in older adults. Because individuals can experience depression differently, there may be other symptoms not listed below.

- Persistent sad, anxious, or “empty” mood
- Feelings of hopelessness, guilt,

worthlessness, or helplessness

- Irritability, restlessness, or having trouble sitting still
- 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 family
- 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 suicide attempts

If you have several of these signs and symptoms and they last for more than two weeks, talk with your doctor. These could be signs of depression or another health condition. Don't ignore the warning signs — help is available. If left untreated, serious depression may lead to death by suicide.

If you or someone you know is struggling or in a crisis, help is available. Text or call 988 or chat 988lifeline.org, or reach out to a mental health professional.

Source: <https://www.nia.nih.gov/health/mental-and-emotional-health/depression-and-older-adults>

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 music



Celebrate Residents' Rights Month



In the United States October 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 individual receiving long-term services and to support the importance of listening to residents who live in our country's long-term care settings.

Started as Residents' Rights Week in 1981, Residents' Rights Month was expanded to the whole month of October in 2011 to raise awareness of residents' essential rights. This year's Residents' Rights Month theme, **Stand with Me**, highlights the impor-

tance of solidarity and support for residents who stand up and advocate for their rights, as well as the value of encouraging the community to join residents in sharing their unique voices. Together, residents, staff, family members, Ombudspersons, and other advocates can work together to promote quality care and quality of life for citizens living in long-term care settings.

During Residents'

Rights Month, we also recognize the staff and volunteers of the Long-Term Care Ombudsman Program. The Ombudsman Program is a nationwide program, created through the Older Americans Act, that advocates for residents of long-term care centers, including nursing facilities, assisted livings, personal care homes, and similar long-term care settings. Ombudsman staff work daily to promote residents'

rights, assist residents with 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 questions regarding the long-term care system, the Ombudsman is here to help! Call us today at:

Fayette and Greene County:
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Resource: <https://theconsumervoice.org/2025-residents-rights-month/>

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Require a passcode to unlock your phone.

MAKE A LONG, UNIQUE PASSPHRASE

A strong passphrase is a sentence that is at least 12 characters long. Focus on things you like and are easy to remember.

SHARE WITH CARE

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.

Do Your Part. #BeCyberSmart.

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Caregiver's Corner



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.

Open to the Public!

FAYETTE COUNTY

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

FRIDAY
OCTOBER
10
FROM 1
TO 2 PM

MON VALLEY

SPHS Board Room
300 Chamber Plaza,
Charleroi, PA 15022

MONDAY
OCTOBER
20
FROM 1
TO 2 PM

PARKINSON'S

Abundant Life Church
1239 Brownfield Rd.
Uniontown, PA 15401

TUESDAY
OCTOBER
28
FROM 1
TO 2 PM

GRANDPARENTS

SPHS Board Room
300 Chamber Plaza,
Charleroi, PA 15022

WEDNESDAY
OCTOBER
29
FROM 10:30
TO 11:30 AM

WASHINGTON

First Christian Church
Gathering Room
615 East Beau St.
Washington, PA 15301

TUESDAY
NOVEMBER
4
FROM 1
TO 2 PM

We hope to see you there!

Finding a Caregiver Support Group:

October is Depression Awareness Month, a reminder that caregivers are at increased risk for depression due to chronic stress and emotional fatigue. During this month especially, it's important to recognize the signs of depression in yourself or fellow caregivers such as persistent sadness, withdrawal, or exhaustion, and to seek help when needed. A good support group can be a lifeline, providing a place — in person, on the phone or online — to share feelings confidentially,

make friends and learn from others who have walked a similar path.

There are many different styles and types of support groups. Support groups can be in person or online and can be run by agencies, faith institutions, medical centers, disease associations and more. There are many different types of support groups. Some support groups are run by trained facilitators such as a social worker, care manager, or clergy member, while others are peers who are also in a

caregiving situation and volunteer to lead groups. Some groups are for people caring for those with specific medical conditions, and others aim to serve caregivers in general.

There are groups specific to Alzheimer's and other dementias, cancer, heart disease, stroke, mental illness and many other conditions. These types of support groups are usually run by a hospital or charity of the specific disease.

Other support groups are specific to the caregivers 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.

The SWPA Area Agency on Aging offers both caregiver support groups and caregiver education sessions. The support groups are held monthly and are facilitated by our Caregiver Support

Program staff. Caregiver support groups are for all caregivers and are open to the public. A specific support group is also held for grandparents and/or older adults raising children. There are currently four support groups that run in different locations on a monthly basis. The agency's caregiver education 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 Facebook page.

To find other support groups in your area, you can:

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 websites, and ask medical professionals or therapists for referrals.
6. Look for support groups at community centers, libraries, hospitals, churches, schools, or coffee shops.

Recipe of the month



Apple Crisp

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



Ingredients

4 medium apples

1/4 cup oatmeal, quick cooking

1/4 cup flour

1/2 cup brown sugar

1 tablespoon cinnamon

1/4 cup butter



Directions

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" pan.
4. Remove the cores from the apples. Slice the apples. Spread the sliced apples on the bottom of the pan.
5. Cut the butter into small pieces and put in a medium-sized bowl.
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>



FALL BACK

DAYLIGHT SAVING TIME ENDS

**SET YOUR CLOCK
BACK ONE HOUR**

SUNDAY,
NOVEMBER 2, 2025



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JUST BE GOOD ENOUGH**

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Stanley Marks, MD
Chairman,
UPMC Hillman Cancer Center

**UPMC | HILLMAN
CANCER CENTER**

Mad Hatter Day

by Cindy Bartolotta

ALICE
BANDERSNATCH
BOROGOVE
CARD SOLDIERS
CATERPILLAR
CHESHIRE CAT
COOK
DODO
DRINK ME BOTTLE
DORMOUSE
GRYPHON
JABBERWOCKY
JUBJUB BIRD
KING OF HEARTS
LEWIS CARROLL
MAD HATTER
MARCH HARE
MOCK TURTLE

MUSHROOM
POCKET WATCH
QUEEN OF HEARTS

UNBIRTHDAY
WHITE RABBIT
WONDERLAND

Alice in Wonderland wasn't a child's story, but rather a Victorian satire published in 1865. It mocked many aspects of English society at the time, including Queen Victoria as the Queen of Hearts. Find these characters and items I found during my research of Lewis Carroll's story.

BANDERSNATCHESUOMROD
OYDDODOELTTOBEMKNIRD
RKNRETTAHDAMOORHSUME
OCACARDSOLDIERSYNNAL
GOLLASTRAEHFOGNIKBRT
OWRQUEENOFHEARTSNICR
VRECLLORRACSIWELORHU
EEDCHESHIRECATCIHTHT
CBNONRALLIPRETACPHAK
IBOOWHITERABBITDYDRC
LAWKDHCTAWTEKCPRAEO
AJEVJUBJUBBIRDLIGYNM



See answers on page 18

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kjackson@swpa-aaa.org

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AREA AGENCY ON AGING**

PDA Pennsylvania
Department of Aging



At 25, Margaret loved to get together with friends.
At 75, she still can.

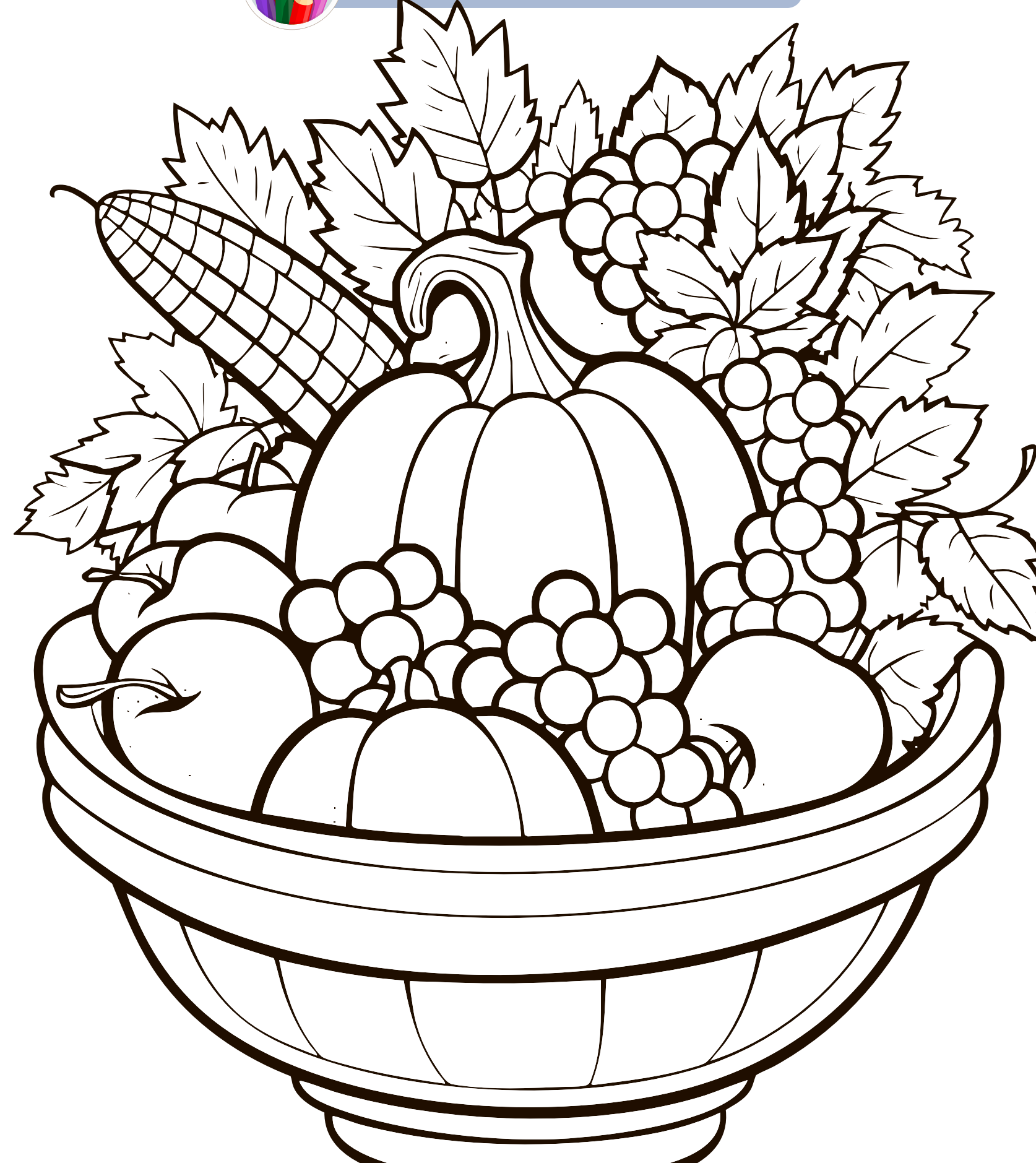
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Color your way to relaxation and wellness



Senior Community Center Notes

FAYETTE COUNTY

BROWNFIELD

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

-Corrine McKnight

... Our center meets on Wednesdays at 10 a.m.... Our activities include dartball at 10 a.m., assembling jigsaw puzzles and Wii bowling... We enjoy lunches provided by SWPA Area Agency on Aging... On the first Wednesday of each month, we hold our monthly meeting... On the second and fourth Wednesday of the month, ten games of bingo are called... On the third Wednesday of each month, we enjoy cake to celebrate birthdays and a representative from Senior LIFE hosts bingo and winners receive a small snack... Dart-

ball is played on Thursdays at 6:30 p.m.... Happy October birthdays to **Eleanor Butela, Rhoda Applebee, Barb Ger-mock** and **Donna Sanders**...

BROWNSVILLE CROSSKEYS

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

-Kim Clay

... We are pleased to inform you that our center has received a state grant for improvements to our facility. We will close temporarily for renovations and upgrades. This closure will happen with a starting date sometime this month. Please feel free to contact us for exact dates. We are undertaking this renovation to provide you with a better and more comfortable experience. We apologize

for any inconvenience this temporary closure may cause and appreciate your patience 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. Please call or arrive by 10:30 a.m. to reserve a lunch... We welcome all seniors over 60 to become members. It is free to sign up... We have our pavilion, upstairs and downstairs halls available to rent for all events. Please contact the Center for rental rates... All members are invited to

join us on Funday Fridays for some fun and relaxation... On Oct. 2, we will be entertained by Hey Joe... On Oct. 4, we will hold our all-you-can-eat breakfast and bake sale from 8 to 11 a.m. The cost is \$12 for adults and \$6 for children under 12. Children under 6 eat for free. 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 morning... Follow us on Facebook at Bullsken Township Senior Center for more information...

CENTER ON THE HILL

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

-Rick Swaney

... On Mondays, bingo is called at 10 a.m. and Euchre is played at 12:30 p.m. Both are open to everyone, so bring a friend. Stop by and join the fun!... Join us Tuesday through Friday mornings to assemble

puzzles, read a book or just enjoy a cup of coffee and fellowship followed by lunch... On Wednesdays, we enjoy our weekly Jam Session at 11 a.m. Bring your instruments or come up to sing! If you don't want to play or sing, come and 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, please call our beautician **Roxi** at 724-812-2560... One Thursday per month, the Canasta Club plays. Call **Darlene Ondrejko** at 724-929-7263 for more details... On Fridays, our 500 Bid group plays at 11 a.m. If you are interested in playing, please contact the Center... Lunch is served Monday through Friday at 11:30 a.m. We would love to have you dine in with us. If you are interested in lunch, please call the Center at 724-930-8512 the day before to make your reservation... On Oct. 27, a special Halloween Bingo will be called. Wear your favorite costume and enjoy a spooky morning of fun, fellowship, food and costume prizes. All bingos benefit the Center...

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 of the fun activities that we have planned throughout the month such as Tai Chi, fellowship, special speakers, bingo and other activities... Stay and join us for a delicious lunch Monday through Friday and make some great new friends. Please call the day before to reserve your lunch for the following day... On Fridays, join us for our weekly Store Bingo and after lunch for a chance 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 Luncheon. Congratulations to **Georgia Martin** for being such a great volunteer... Hope to see you soon...

MOUNTAIN CITIZENS

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

Senior Community Center Notes

Atkinson and Bonnie Baker. Happy October birthdays to **Kimberly Anderson, William Barry, Donna Bessen, Terri Brachna, Richard Fazen-baker, Gloria Kermes, Rick King, Anna Mitchell, Esther Nicholson, Barbara Thomas and Charles Tissue**... Our Wednesday night bingo fundraiser 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 container. 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

host a class about nutrition... On Oct. 28, we will enjoy a Halloween Party... Our center accepts used batteries for recycling... Our center has an ongoing flea market for members and guests to shop. You never know what treasures you might find... We want to encourage anyone to come join our center for fun and fellowship, 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 the Center...

PERRYOPOLIS

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

-Moir Kirk

... Hello October!... Now that we are heading into the fall season, it's a great time to stop in for coffee, hot chocolate,

or fellowship with others in a cozy environment. All are welcome to join us... On Oct. 1, we will enjoy a guest speaker from the Health Insurance Store in Connellsville at 11 a.m.... On Oct. 24, we will welcome 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 us for an afternoon ice cream social on Oct. 31... Lunch is served Monday through Friday at 12 p.m. Please sign up the day before by noon. A \$2 donation is suggested... On Mondays, Wednesdays and Fridays, bingo is called from 10 a.m. to 2 p.m... On Tuesdays and Thursdays, our card club meets around 12:30 p.m. for various games and Rummi-kub... Everyone is welcome at our center...

SMITHFIELD COLONIALS

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

-Janice Woods

... Happy fall y'all! We can hardly wait to welcome the season in all its splendor and glory... On Oct. 2, we will 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 breakfast at 10 a.m. It's a good time with good food and good friends... On Oct. 16, **Steve** will call Crazy Bingo... On Oct. 23, **Kelli Beres** from LaFayette Manor will entertain us with a game of The Price is Right... On Oct. 30, **Tammy Rhodes** and **Judy Hileman** will host a Halloween Fun Day, our favorite time of year. So, grab your Halloween sweetheart

and come have a spooky good time... We meet every Thursday starting at 10 a.m. See you there...

UNIONTOWN

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

-Rena Dickinson

... Fall is here, and the leaves are changing. It's time to check out our center. We welcome all seniors 60 and over to join. Browse around our Variety Fair Store or use the treadmill in our exercise room. Enjoy a hot lunch at 11:30 a.m. followed by one game of bingo at 12:15 p.m. Please call our office the day before or by 10 a.m. on the day of to reserve a meal... On Oct. 2, join us for arts and crafts with **Candy**... On Oct. 8, join us for an afternoon tea social with **Chelsey Gregory**... On Oct. 10, we will enjoy a movie day with snacks... On Oct. 17, Grocery Bingo will be called... On Oct. 24, we will enjoy Uniontown Center Brain Games... On Oct. 31 at 10:30 a.m., we will enjoy

our annual Halloween Party and costume judging. Come dressed to impress and win a prize... Hope to see you soon...

GREENE COUNTY

CARMICHAELS

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

-Stacy Stroman

... Celebrate the beauty of fall with us!... We're open Monday through Friday from 8:30 a.m. to 1:30 p.m. Bingo is called at 11 a.m., lunch is served at 11:30 a.m., and exercise equipment is available for use... On Monday, Wednesday, and Friday, we enjoy playing pool in the mornings... On Oct. 3, join us for Spot the Scam ice cream social at 10:30 a.m... On Oct. 10, Pathways will host a vaccine clinic at 10:15 a.m. Paperwork will need to be completed prior to the clinic... On Oct. 15, Banker's Life will present a program on Medicare at 10:30 a.m... Be sure to call 724-491-2011



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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



Senior Community Center Notes

to reserve your lunch the day prior... We'd love to see you and feel free to bring a friend, or two or three...

JEFFERSON
190 Washington Street
Jefferson, PA 15344
-Colleen Valosen

... On Oct. 1, we will celebrate autumn! Wear the colors of this beautiful season. Along with those colors as a focus, the almighty apple will get much attention, too, as we welcome the warm apple cider that one of our members has asked to make. The welcome table will also probably overflow with our cooks' favorite apple dishes. A new member wants to share a worm in an apple game that she enjoyed at work before her retirement. We will also see how good everyone is at identifying apples... On Oct. 8, we will feature all our travel souvenirs. Be ready to share your travel stories and the trinkets you purchased in the process. If there's a dish you just must have us taste from any of your destinations, we wouldn't

mind a sample or two... On Oct. 15, everything pumpkin will be our theme. Find that orange shirt in your closet 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 do some guessing as to how many seeds are inside the pumpkin we carve. Be here before 10 a.m. to get your guess in! We'll play a game or two of Hot Pumpkin to round out the fun... On Oct. 22, we will enjoy Tex Mex Day. Tex Mex refers to a hearty and flavorful cuisine that combines Mexican and Texan cooking styles. We'll experience it that day when we put together walking tacos for everyone! Members who wish to participate may either dress in red, white and green (Mexico) or in Cowboy apparel (Texas). These two groups will compete against one another in a card game to make it more interesting... On Oct. 29, we will celebrate Halloween featuring our favorite things, a costume contest, trick-or-treating and the

games and music that make this holiday so whacky... Have an awesome October!

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

-Stacy Stroman
... October is bursting with cozy vibes, colorful leaves and festive fun. The perfect time for you to embrace the season with us... We are open on Wednesdays from 8 a.m. to 2 p.m... Each week we have delicious coffee and donuts available... Fellowship begins at 10 a.m... Lunch is served at 11:30 a.m... On Mondays, we enjoy line dancing from 6 to 7 p.m. at no cost... On Oct. 1, Pathways will host a vaccine clinic at 11:15 a.m. Paperwork will need to be completed prior to the clinic... On Oct. 3, 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 Life will present a program on 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 program... 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 everyone gets a meal...



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 724-223-8747  freedom-transit.org

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

-Betty Grove
.. Fall is finally here! We have noticed some of the trees

in the hills changing... On Mondays and Thursdays, we enjoy **On The Move** exercise classes... On Tuesdays, line dancing lessons are from 12:30 to 1:30 p.m... On Wednesdays, we enjoy yoga at 12:30 p.m... On Fridays, Tai Chi class is held at 12:30 p.m... On the first Thursday of the month, we enjoy DVDs of music... On the second Thursday of the month, we enjoy movies... On the third Thursday of the month, we enjoy Game Day in the afternoon... On the fourth Thursday of the month, we enjoy Craft Day... All Thursday activities are from 2 to 4 p.m... We have a request from the quilters. They need more quilt tops to quilt. They are not making piece quilts, just hand quilting tops. If you have any quilts you need made, just let us know. Remember these are hand quilted... Until next time, God bless...

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

-Jean Wise
... The ice cream social held at the fairgrounds was a success... We enjoyed the picnic at Lions Park in September. It was great to catch up on the latest news 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 news...

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

-Hannah Burns
... Happy October, friends! The leaves are changing, the air is crisp and it's the perfect time to come together for fun fall activities... Lunch is served Monday through Friday at 11:30 a.m... Before lunch we enjoy Euchre and assembling

puzzles... On Mondays, we enjoy chair exercise at 10:30 a.m... On Oct. 3, Big Bingo will be called at 1 p.m. Everyone is welcome. Bring a friend!... On Oct. 6, **Pat** will conduct blood pressure screenings and we will hold our monthly meeting at 12:15 p.m. Members are encouraged to attend to find out what will be going on in the club!... On Oct. 7, we will enjoy a taco bar for National Taco Day... Also, on Oct. 7, Humana will visit the Center at 9:30 a.m. for an open house... On Oct. 8, Pathways will host a vaccine clinic at 10:30 a.m... On Oct. 9 and 24, **Bridget** from SeniorLIFE will host Grocery Bingo at 10:30 a.m... On Oct. 14, Elena from Behavioral Health will host Mental Health Bingo and a depression screening at 10:30 a.m... On Oct. 16, **Jamie Bennett** from Amedisys will be at the Center for Senior Talk... Also, on Oct. 16 at 12:30 p.m., we will enjoy bowling with our friends from Beth Center Senior Center at Bentleyville Lanes... On Oct. 22, Fairway Florals will host a pumpkin decorating class at 12 p.m. Sign up at the Center. The cost is \$12 per person... On Oct. 31, we will enjoy a Halloween Party. Dress up and join us for a fun afternoon!... Please check our Facebook page Bentleyville Senior Center to find our current lunch menus, calendar of events and daily activities at the Center!...

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

-Hannah Burns
... October is here, bringing cozy sweaters, pumpkin spice, and plenty of autumn fun! Join us this month for activities and events that will warm your heart... We would like to welcome our new center coordinator **Renee Presto**. If you haven't had the chance to meet her, please stop down and say hello!... On Oct. 1, Pathways will host vaccine clinic at 10:30 a.m... On Oct. 9, **Jamie Bennett** from Amedisys will

be at the Center for Senior Talk at 10:30 a.m... On Oct. 10, Big Bingo will be called at 12:30 p.m. All are welcome. Bring a friend!... On Oct. 16 at 12:30 p.m., we will enjoy bowling with our friends from Bentleyville Senior Center at Bentleyville Lanes... On Oct. 20, we will hold our monthly meeting at 12 p.m. Members are encouraged to attend to find out what will be happening at the Center... On Oct. 22 at 12 p.m., we will make ornaments for the Capitol tree in Harrisburg. Sign up at the Center... On Oct. 29, **Bridget** from SeniorLIFE will host Grocery Bingo at 10:30 a.m... Don't forget we enjoy assembling puzzles daily, bingo is called at 12:30 p.m. and cards are played at 1 p.m... On Mondays, Wednesdays, and Fridays, we enjoy exercise classes at 7 p.m... Our center is open Monday through Friday from 8:30 a.m. to 4 p.m... Lunch is served at 11:30 a.m. Please call before 9 a.m. the day of to reserve your meal! A \$2 donation is suggested for those 60 and older... We need help delivering home-delivered meals. If you are interested in volunteering your time, please call the Center... Check out our Facebook page to stay up to date...

BURGETTSTOWN
200 Senior Way
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. 14, we will hold our monthly board meeting at 12 p.m. We encourage all members to attend... On Oct. 15, Pathways will administer vaccines at 10 a.m... On Oct. 17, we will hold a Veterans Hero Breakfast at 9 a.m. All veterans of any age and their spouses are welcome... On Oct. 22, **Bridget** from SeniorLIFE will host Grocery Bingo at 10:30 a.m. and help us celebrate birthdays... On Oct. 23, **George** from Highmark will host My

Senior Community Center Notes

Plate Bingo at 10 a.m... On Oct. 31, we will enjoy some Halloween fun! Wear your favorite costume or Halloween attire... On Mondays and Wednesdays, Silver Sneakers starts at 1:15 p.m... On Tuesdays, Thirty-One is played at 12 p.m... On Wednesdays, 500 Bid is played at 12 p.m... On Thursdays, Euchre is played at noon... On Fridays, pool is played at 12 p.m., bingo is called at 12 p.m and Silver Sneakers starts at 2 p.m... Lunch is served at 11:30 a.m. Please call 724-947-9524 a day in advance from 10:30 to 11:15 a.m. to make your lunch reservation... We are actively searching for home-delivered meals volunteers... Follow us on Facebook to keep up to date with our activities or stop in the Center for the latest updates!...

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

-Lindsay Grasha
... October is here with cooler temperatures, colorful scenery, and weather changes. Time for apple cider, apple festivals and Halloween... Remember to use your farmers market nutrition vouchers by Nov. 30... Lunch is served Monday through Friday at 11 a.m. Please call one day in advance to reserve your meal. A \$2 donation is suggested. Remember Freedom Rides can take you to the Center and home... Puzzles are assembled daily... On Tuesdays, we hold Bible study at 9:30 a.m... On Oct. 1, United Health will host Medicare Bingo... On Oct. 2, **Roberta** will host Noodle Ball... On Oct. 6, we will hold

our activities meeting. Come and share your ideas... On Oct. 8, **Sam** will host Grocery Bingo... On Oct. 9, we will hold our business meeting at 10 a.m... On Oct. 15, join us to see what's going on and add your ideas... Also, on Oct. 15, **Tiffany** will host Grocery Bingo... On Oct. 27, come and "Share Your Story, Inspire the Future" with art students from Canon McMillan School District. It is always great fun to interact with our school students... On Oct. 29, **Kelly** from Townview will host horseraces... On Oct. 31, we will enjoy our annual Halloween Party from 12 to 4 p.m. Join us for fun, games, costumes prizes and a candy exchange. If you want to take candy home, bring candy in to share... On Nov. 24, we will host our annual Veteran's Day Luncheon. Come join us to

honor the men and women who have served to keep us safe... We are looking for people who want to play cards (500 Bid, Pinochle, Euchre) games, etc... It's your center, bring your ideas!...

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

-Rick Kauffman
... Our Business Meeting and luncheon with an Oldies

Theme will be Tuesday, October 21, at 11 a.m. D.J. Frog will provide the music. Prizes will be awarded to one woman and one man having the most original outfit representing the 50s and 60s. There also will be an old fashion cake walk. Our menu will be: Creamed chicken with biscuits, mashed potatoes, buttered peas and dessert. Catered by Metz Culinary Mgt. A \$2 donation is recommended. If you didn't fill out a reservation form at the last luncheon or have

changed your plans, please call **Debbie Mulshen** (724-554-2485) by Thursday, October 16. Our group will host the Washington County Corn Bag Tournament on Friday, October 17, at 10 a.m. Upcoming activities are: Keep Moving exercise class, Mondays, 1 p.m.; Bingo, Tuesdays and Fridays, 10 a.m.; Grocery Bingo, Friday, October 10; Cards, Tuesdays and Wednesdays, 12:30-3:30 p.m.; Game Days on Wednesdays, 12:30-3:30 p.m. will now include cards:



TOWNVIEW

Health & Rehabilitation Center

SPECIALIZING IN NURSING & REHAB

300 BARR STREET **CANONSBURG, PA 15317**
724.746.5040



1 YMCA Drive, Uniontown

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

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

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

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

 **Southwestern Pennsylvania Area Agency on Aging**

 **pennsylvania**
DEPARTMENT OF AGING

Senior Community Center Notes

Sweet Sentiments will provide supplies to create handmade greeting cards, Tuesdays, October 7 & 21; 5:30 p.m.; Chair Yoga, Wednesday, 11 a.m., but no Chair Yoga October 15 due to the scheduled train bus tour; Tops: Wednesdays, with a new start time of 4:30 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

Sheryl R. Heid,
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

... "October teaches us that in every falling leaf, there is a reminder of life's fleeting beauty and the richness of letting go" ~ author unknown... Welcome October! Stop by and enjoy hot chocolate, coffee or a cup of tea on a chilly morning!... Lunch is served Monday through Friday at 11:30 a.m. Please call a day or two before to make your lunch reservation... On Mondays, we enjoy Pokeno... On Wednesdays and Fridays, bingo is called following lunch... On Oct. 1, **Bridget** from SeniorLIFE will host Grocery Bingo at 10:30 a.m... On Oct. 10, Pathways will administer 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 Washington County Behavioral Health & Developmental Services... On Oct. 22, **Bobby Shawn** will perform our favorite tunes at 12 p.m. October is our anniversary month at the Center and **Bobby** always makes it a special day... We enjoy seeing all our familiar faces and wel-

coming new friends to join us. We look forward to seeing you soon...

DONORA

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

-Calvalier LaRue

... October is a month of diverse experiences, encompassing natural beauty, festive celebrations, and opportunities for reflection and new beginnings. It is a time when the world transitions, both in nature and in human activities, leading into a period of introspective and anticipation of the winter months. October is designated as Breast Cancer Awareness Month and includes other awareness initiative like ADHD Awareness Month. October is a month of diverse cultural celebrations including Diwali, the Indian Festival of Lights, and Oktoberfest, and let's not forget the festive celebrations of Halloween... On Oct. 1, UPMC will host a fall prevention workshop from 11:30 a.m. to 12:30 p.m... Annual Open Enroll-

Word Search Answers from page 12

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

ment period for Medicare is from Oct. 15 to Dec. 7... Open Enrollment is a crucial period for individuals to secure or adjust their health insurance. On Oct. 8, a representative from Aetna will be at the Center from 11:30 a.m. to 12:30 p.m. to compare and review your current coverage and offer free confidential help. We will enjoy a raffle with prizes... On Oct. 22, **Keith King** from Medicare will be at the Center to discuss plan benefits and answer questions from 11:30 a.m. to 12:30 p.m. We will also enjoy Medicare Bingo with prizes... Lunch is served Monday through Friday. Please call the day before by noon to reserve a meal. A

\$2 donation is suggested... We always welcome new faces to join us for our morning coffee hour from 9:30 to 10:30 a.m. or just relax and enjoy good company... On Mondays and Wednesdays, bingo is called at 12:30 p.m... On Thursdays, Pokeno is played from 12 to 3 p.m... Happy October birthdays to **Helen Pasterick**, **James Richard**, **Christine Surman**, **Flora Gibasiewicz** and **France Filardi**...

McDONALD/CECIL

Cecil Township Municipal Bldg
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 are open for 2026. If anyone is interested in running for these positions, please inform the center coordinator or president. Nominations will take place in November and voting will be held in December for a two-year term... On Oct. 2, Washington Behavioral Health will host a Feel Good Bingo at 10:30 a.m... On Oct. 7, PA Health & Wellness will host fall painting at 10:15 a.m... On Oct. 8, we will hold our monthly meeting at 12 p.m... On Oct. 9, **Sam** from SeniorLIFE will host Grocery Bingo at 10:30 a.m... Also, on

Oct. 9, we have the privilege to welcome back the Ballroom Dancers at 12:30 p.m... On Oct. 14, we will host a vaccine clinic at 10:30 a.m... On Oct. 16, a representative from United Healthcare will visit the Center at 10:30 a.m... On Oct. 21, **Kelly** from Townview will host horseraces at 10:30 a.m... On Oct. 23, **Hannah** from Premier will conduct blood pressure screenings... 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 for the upcoming Halloween season!... On Oct. 2, **Pat Maggi** will host a history lesson at 10 a.m... To prepare for the upcoming flu season, we will host a flu shot clinic on Oct. 6 at 10 a.m. Make sure to sign up before this date to receive your flu shot... On Oct. 10, we will enjoy a van trip leaving at 9:30 a.m. If you plan to attend, please sign up a week before... On Oct. 16 and 30, SeniorLIFE will host Grocery Bingo at 10:30 a.m... On Oct. 17, we will be crafting some ghost decorations for the Halloween season... On Oct. 23, we invite

Senior Community Center Notes

you to come in and warm up with a hot cup of tea and sweet treats at our Tea Party. The Center will be providing the teacups and tea. If you wish to bring in some baked goods or small treats, please feel free to do so!... On Oct. 31, we will enjoy a Halloween Party starting at 10 a.m... On Tuesdays, we enjoy Bunco at 10 a.m... On Wednesdays, we hold Bible study at 10:15 a.m... On Oct. 20 and 27, we will play corn bag toss... Feel free to come to our center for some hot coffee, fun activities, and good conversation... Hope to see you there!...

MIDWAY

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

-Linda Matchett

...We are enjoying the fall weather and each other's company, as we meet monthly... Along with our catered dinner, we have programs lined up for November and December... In October, we will host **Jim Curtis**, who will present a program on the newly establish Midway Museum located in the former Midway Methodist Church... In November, we will enjoy our favorite activity, 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 enjoying autumn...

MONONGAHELA

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

-Mickelina Smith

... It's fall y'all, so let's have some fun before winter gets here!... On Oct. 24, we will enjoy a Halloween Party from 1 to 4 p.m. The is an \$8 fee to help with the costs. We will enjoy food, snacks, drinks, a

DJ, games, and prizes. Best costume will also receive a prize, so come dressed up!... Hair by **Laurel** is open Wednesdays, Thursdays and Fridays. Call 724-258-9518 or stop in to make an appointment... Lunch is served Monday through Friday at 12 p.m. Please call by noon the day before to make your reservations... On Mondays, we enjoy Pokeno and game day... On Tuesdays, we enjoy arts and crafts... On Wednesdays, Wii bowling is played... On Thursdays, bingo is called... 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 on what route you have. Even if you can just help one day a week, it will help! Please call **Mickelina** at 724-258-9511... Hope to see you soon!... Happy Halloween...

PETERS TOWNSHIP

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 2 p.m. at the Community Recreation Center. At each luncheon, entertainment, an interesting speaker or an interactive activity is provided.

724-489-0880

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

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

VULCAN FLYER FOR CALU STUDENTS!

For more info, visit WWW.MMVTA.COM

ed. This is a free event, but we encourage you to bring a covered dish or a dessert to share. This event is hosted by the Peter's Township Parks and Recreation Department. Pre-registration is required by 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 Oct. 7, learn how to crochet from 6 to 8 p.m. The cost is \$10 for members and \$15 for non-members... On Oct. 30, 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 your best Halloween costume to enter for a prize...

RIVERSIDE PLACE

303 Chamber Plaza
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 in touch to find out where we will be going... On Oct. 17, we will hold our sub sale. They are a great treat for only \$7... On Oct. 31, Halloween will be a great time. **Bobby**

Shawn will be singing some spooky tunes and we look forward to seeing you in your homemade costumes. Wear a mask and we will guess who you are... Lunch is served Monday through Friday at 12 p.m. Please sign up the day before to enjoy a delicious and nourishing meal with your friends... On Mondays and Wednesdays, Zumba is offered... On Tuesdays at 10:30 a.m., we play the card game Golf. We really have fun! Sign up to play and join us for lunch... On Thursdays, we enjoy craft day. Come on in and show us your crafting talents... On Fridays, Euchre is played at 11:30 a.m. The welcome new players... We hope to see you soon...

VENETIA COMMUNITY CENTER

800 Venetia Road
Venetia, PA 15367
724-228-6996

-Shawn Arent

... New month, new day, new date, new chapter, new page,

new wishes. Welcome October! May this month find you well... On Oct. 9, we will enjoy pork with gravy for lunch. Following lunch, **Chris** from Mediconnect will visit the Center... On Oct. 23, we will enjoy pot roast with gravy for lunch. Following lunch bingo will be called... Our doors open at 11 a.m., lunch is served at noon, and activities start at 12:30 p.m... Feel free to bring a friend. All are welcome... Meal reservations should be made no later than two days before the meal date. Please call 724-228-6996 to make your reservation... Look for us on Facebook at Venetia Senior Center...

WASHINGTON

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

-Lynne Cowden

... Welcome October! This is a time for Halloween, pumpkins, and trick-or-treats... On Oct. 8, Music Bingo will be called at 12:15 p.m. following lunch. It is a lot of fun!... On

Oct. 9, we will enjoy a Lunch and Learn... On Oct. 18, join us at the Alpine Club Lanes for Spud Night from 3 to 7:30 p.m. Tickets are \$10 in advance or \$15 at the door. You will receive a large baked potato with your choice of toppings plus a side salad and a cupcake for dessert. There will be games and raffle baskets... On Oct. 22, we will enjoy a movie at 12:15... Don't forget to check our schedule for **On The Move**... Try one of our weekly activities... On Mondays, Silver Sneakers' with muscle strength and cardio starts at 10:30 a.m. and dartball 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 strength and yoga starts at 9 a.m. and the Card Club plays 500 Bid at 12:15 p.m... On Fridays, bingo is called after lunch starting at 12:15 p.m... On Oct. 31, join us for Special Spooky Bingo...

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

pennsylvania
Medicare Education and Decision Insight

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

Our PA MEDI counselors offer free, confidential, unbiased assistance about Medicare health insurance and screenings for Medicare Savings and Extra Help Programs.

Call the Southwestern Pennsylvania Area Agency on Aging today at

724-489-8080, ext. 4438



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

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