

# SENIOR Times

*Age Well, Live Long!*

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

*Est. 1974*



## NATIONAL SENIOR CENTER MONTH



***POWERING POSSIBILITIES: FLIP THE SCRIPT***

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](http://www.swpa-aaa.org)



SENIOR TIMES  
REVIEW BOARD

**Fayette County**  
Carolyn Capozza

**Greene County**  
Rev. James Cherry  
Pat Lemley

**Mon Valley**  
Linda Pankiewicz

**Washington County**  
Rita Hritz  
Gay Massey  
Pat Ross  
Mary Jane Stewart

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

**Editorial Staff:**  
Mary Harris  
Kristen Jackson  
Robbie Spaziani  
Judi Dubs

**Ads Manager:**  
Judi Dubs

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

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

**Southwestern Pennsylvania  
Area Agency on Aging, Inc.**

**Corporate Office**  
888-300-2704 or 724-489-8080  
Fax No: 724-483-9360  
**Fayette County Office**  
724-430-4603  
**Greene County Office**  
724-852-1510  
**Washington County Office**  
724-228-7080

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

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

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

[www.swpa-aaa.org](http://www.swpa-aaa.org)  
E-Mail: [seniortimes@swpa-aaa.org](mailto:seniortimes@swpa-aaa.org)

# Property Tax/Rent Rebate Program deadline extended to Dec. 31, 2025

The deadline for older and disabled Pennsylvanians to apply for rebates on rent and property taxes paid in 2024 has been extended to Dec. 31, 2025. The rebate program benefits eligible Pennsylvanians who are aged 65 and older; widows and widowers age 50 and older; and people with disabilities aged 18 and older.

The maximum income limit is \$46,520 to receive a maximum rebate of \$380. Half of the Social Security income is excluded.

Property tax/rent rebate application forms and assistance are available at no cost through the Department of Revenue, the Southwestern Pennsylvania Area Agency on Aging (SWPA AAA) and state legislators' offices. For assistance, or for more information, call the Property Tax/Rent Rebate Program at 1-888-222-9190.

## The Senior Times appreciates your support!

Each month, the *Senior Times* seeks to bring timely and interesting information to older adults, their families, caregivers, friends and loved ones, in an effort to help make some challenges associated with aging a little easier to handle.

Working with staff from the Southwestern PA Area Agency on Aging, senior community centers, aging services providers and many others, we continue to explore ways to "spread the word" about services and resources available to assist older adults, increase awareness and knowledge about potential scams and fraud, promote better health, and provide human interest stories.

We've developed special sections on caregiving, healthy eating, stress reduction, and long-term care advocacy. The Senior Notes section features activities and events being held at senior community centers throughout Fayette, Greene, and Washington Counties, including the contact information and details for each location.

The *Senior Times* is made possible

*In Memoriam*

Joy Williams

*In Memory of*  
Ray Gray, Sr.;  
Anna Louise Gray;  
George Wheeler, Jr.

*In Memoriam*

Gwendolyn & Rev. Louis E. Ridgley, Jr.

*In Memory of*  
Sophie M. Capan;  
Vonda Tracy;  
Carmen Jenkins;  
Rosalie J. Salek;  
Mary Budinsky



**FARMER'S ALMANAC  
SEPTEMBER 2025**

Temp. 68° (1° above avg. east, 1° below west); precip. 2" (1" below avg.). **1-6** Showers, then sunny; warm. **7-13** Showers, then sunny; warm east, cool west. **14-18** Showers, warm. **19-24** Sunny, cool. **25-30** Showers, then sunny; cool.

**NOTICE OF PUBLIC MEETINGS**

The Southwestern PA Area Agency on Aging, Inc., Board of Directors will meet on the following dates in 2025:

September 2      November 20      December 2

The Southwestern PA Area Agency on Aging, Inc., Advisory Council will meet on the following dates in 2025:

September 17      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.

*Donation Coupon*

*\*Please use this coupon to make personal donations of support, as well as for recognitions of birthdays or special honors and for offering memorial tributes.*

Make your donation payable to: SWPA AAA

Mail to: Southwestern PA Area Agency on Aging, Inc.  
Senior Times  
305 Chamber Plaza  
Charleroi, PA 15022-1607

Amount of Donation _____	Type of Donation _____
Name _____	
Address _____	Zip _____
Email _____	

May we print your name as a donor? ____ Yes ____ No	Are you a member of a senior center? ____ Yes ____ No
--	--

*Thank You*

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

# September is National Senior Center Month

The 2025 theme, *Powering Possibilities: Flip the Script*, invites us to challenge outdated perceptions of aging and senior centers. It celebrates the dynamic role that centers play in fostering creativity, connection, purpose, and resilience in later life.

More than 10,000 senior centers across the country are leading this charge—flipping the script on aging by creating inclusive, engaging spaces where older adults thrive. From their beginnings in the 1940s to their recognition in the Older Americans Act in 1973 to today, senior centers have continually evolved to meet the changing needs of older adults and their communities.

The mission has remained the same: to be the local, trusted place in the community that connects people to the programs, services, and opportunities they need to age well. Stop by one of our 22 Senior Community Centers and 11 Satellite Centers, many featured in

## "Go orange" to end hunger this September!

Stuart I.R. Haniff, MHA, Executive Director, Hunger Free Pennsylvania

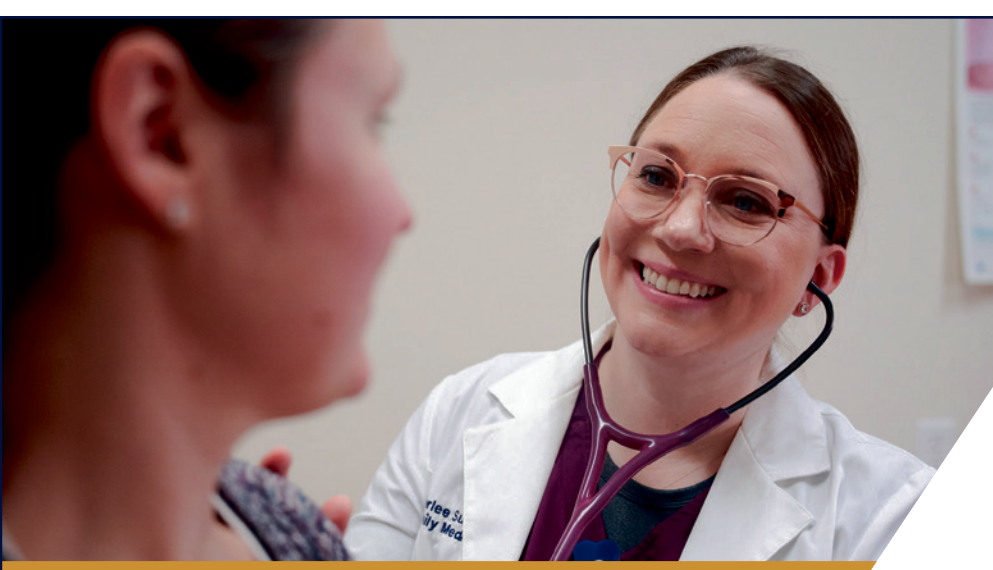
September is a platform month in the world of food banking and food insecurity. It is the month when the charitable food Network and food banks across the country "go orange" to end hunger for Hunger Action Month (HAM).

Every national charity adopts a month and a color. For Feeding America and Hunger Relief Networks, those are September and orange. HAM is a month-long campaign to raise awareness and dollars to end hunger. While the theme is often a focus during the holiday season, the challenge of food insecurity is not seasonal.

Food banks throughout Pennsylvania will feature events and activities to connect communities in the fight to ensure everyone has enough to eat.

The month officially begins September 3, as Hunger-Free Pennsylvania (HFPA), hosts HFPA night with the Pirates @ PNC park. A portion of all tickets sold will go directly to support the mission of feeding the most vulnerable of Pennsylvanians. HFPA, in partnership with its network of 18 Food Banks serving all 67 counties, represents one of the largest charitable food distribution networks in Pennsylvania. HFPA collaborates with state and federal governments and other nonprofit organizations to ensure food security for all Pennsylvanians.

Throughout September, there will be a variety of events to provide communities with the opportunity to feed their neighbors in need. These activities range in scope and theme but share the common denominator of working to end hunger.



**A healthy *tomorrow* starts *today***

From routine wellness and sick visits to sports physicals, get the quality care you need close to home.

**Our Primary Care Locations**

**Carmichaels Plaza Primary Care**  
102 Carmichaels Plaza  
Carmichaels, PA 15320  
724-912-7526

**Uniontown Primary Care**  
201 Mary Higginson Lane  
Uniontown, PA 15401  
724-430-5940

**Fay West Primary Care**  
109 Crossroads Road, Suite 201  
Scottsdale, PA 15683  
724-887-5989

**Connellsville Primary Care**  
224 Memorial Boulevard  
Connellsville, PA 15425  
724-626-7335

*New patient appointments available  
in as little as 7 days!*

Schedule an appointment today at  
**WVUMedicine.org/Uniontown**

**WVUMedicine**  
UNIONTOWN HOSPITAL



# Washington County Senior Expo September 25, 2025

Southwestern Pennsylvania Area Agency on Aging, Inc., along with co-hosts State Senator Camera Bartolotta, State Representative Tim O'Neal and the Washington County Commissioners Nick Sherman, Electra S. Janis and Larry Maggi, are hosting this year's Washington County Senior Expo at the Washington Crown Center, Washington, PA.

The Expo is a free event that will feature 100+ agencies, businesses and organizations eager to share information on the many programs, services and benefits available to people aged 55+ and their families.

Expo Hours are 10:00 a.m.-1:30 p.m. The Welcome



will take place at 10:00 a.m. at the stage area. Entertainment will be provided by Bobby Shawn and DJ Chelsea beginning at 10:30 a.m. Door prize winners will be awarded at 1:15 p.m. Participants must be present to win. Lunch vendors are Texas Roadhouse and Soup'd Up.

## Schedule of Special Events

8:45 a.m. Coffee and Donuts  
10:00 a.m. Welcome  
10:30 a.m. - 11:30 p.m. Bobby Shawn - Entertainment  
12:00 p.m. - 1:00 p.m. DJ Chelsea - Entertainment  
1:15 p.m. Door Prizes *(must be present to win)*

Aging Services of Washington County  
Ahepa Senior Living  
AHN Healthcare@Home Home Health and Hospice  
Aloaye Home Care Agency  
Alzheimer's Association Greater Pennsylvania Chapter  
Anova Health Care System  
Better Business Bureau  
Breathe Pennsylvania  
Bridge Insurance Group  
BrightStar Care of Washington & Greene Counties  
Caring Mission Home Care  
Celebration Villas of Lakemont Farms  
Center for Community Resources  
Community LIFE  
Cornerstone Care  
Diversified Human Services, Inc.  
Domestic Violence Services of Southwestern Pennsylvania (DVSSP)  
Foster Grandparent Program - Wesley Family Services  
Freedom Transit  
Hawthorne Woods Senior Living  
Landmark Home Health  
LAMP/Library of Accessible Media for Pennsylvania  
LeafFilter Gutter Protection  
Lymphedema & Wound Care Center SW PA  
McMurray Hills Manor Nursing and Rehabilitation Center  
Medicare Specialists of Pittsburgh  
Miracle Ear  
National Pike Trail Council  
OSPTA Home Health & Hospice  
PA Link to Aging & Disabilities Resources Center  
Paramount Senior Living  
Pennsylvania Department of Aging PACE Program

Coffee, donuts and water will be available, at no cost, compliments of UPMC Washington. Entertainment will be sponsored by Range Resources.

Vendor tables will feature displays, and experts on aging will discuss products and issues of importance. Come and take advantage of the numerous opportunities, including free health screenings, flu shots, and more.

For more information you can contact The Southwestern Pennsylvania Area Agency on Aging, Inc. at 724-489-8080 or 888-300-2704. Also, visit the website: <https://www.swpa-aaa.org/>. We hope you will join us this year to participate in the Washington County Senior Expo 2025.

Peters Township Post Acute  
QMedic  
Redevelopment Authority of the County of Washington  
Repsi Center Personal Care Home  
Senator Camera Bartolotta  
SeniorLIFE Washington  
Seniors Blue Book  
SPHS Behavioral Health & Centers of Silver Excellence  
Staar Alert  
State Representative Joshua Kail  
State Representative Tim O'Neal  
Summit Legal Aid  
Sunny Days In-Home Care  
Swift Audiology  
SWPA Area Agency on Aging PA MEDI  
SWPA Area Agency on Aging Domiciliary Care / Caregiver Support Program  
SWPA Area Agency on Aging Information & Assistance  
SWPA Area Agency on Aging Protective Services for Older Adults  
Townview Health and Rehabilitation  
U.S. Senator John Fetterman  
UMWA Health & Retirement Funds  
UPMC Health Plan  
UPMC Washington (WHS)  
VFI/TRPIL Voices for Independence  
Washington Area Senior Citizens Center, Inc.  
Washington County Chapter School Retirees  
Washington County Commissioner Electra S. Janis  
Washington County Commissioner Larry Maggi  
Washington County Commissioner Nick Sherman  
Washington County Department of Human Services  
Washington Wild Things

# Falls and Fractures in Older Adults: Causes and Prevention

A simple accident like tripping on a rug or slipping on a wet floor can change your life. If you fall, you could break a bone, which thousands of older adults experience each year. For older people, a broken bone can also be the start of more serious health problems and can lead to long-term disability.

If you or an older adult in your life has fallen, you're not alone. More than one in four people age 65 years or older fall each year. The risk of falling — and fall-related problems — rises with age. However, many falls can be prevented. For example, exercising, managing your medications, having your vision checked, and making your home safer are all steps you can take to prevent a fall.

Many older adults fear falling, even if they haven't fallen before. This fear may lead them to avoid activities such as walking, shopping, or taking part in social activities. But staying active is

important to keeping your body healthy and helps to prevent falls. So don't let the fear of falling keep you from being active! Learn about what causes falls and how to lower your risk of falling so you can feel more comfortable with staying active.

## What causes falls in older adults?

Many things can cause a fall.

- Your eyesight, hearing, and reflexes might not be as sharp as they were when you were younger.
- Certain conditions, such as diabetes, heart disease, or problems with your thyroid, nerves, feet, or blood vessels can affect your balance and lead to a fall.
- Conditions that cause rushed movement to the bathroom, such as incontinence, may also increase the chance of falling.
- Older adults with mild cognitive impairment or certain types of dementia are at higher risk of falling.
- Age-related loss of

muscle mass (known as sarcopenia), problems with balance and gait, and blood pressure that drops too much when you get up from lying down or sitting (called postural hypotension) are all risk factors for falling.

- Foot problems that cause pain, and unsafe footwear such as backless shoes or high heels, can also increase your risk of falling.
- Some medications can increase a person's risk of falling because they cause side effects such as dizziness or confusion. The more medications you take, the more likely you are to fall.
- Safety hazards in the home or community environment can also cause falls.

## What to do if you fall

Whether you are at home or somewhere else, a sudden fall can be startling and upsetting. If you do fall, stay as calm as possible and take the following steps:

- Breathe. Take several deep breaths to try to relax. Remain still on the floor or

ground for a few moments. This will help you get over the shock of falling.

• Decide if you are hurt. Getting up too quickly or in the wrong way could make an injury worse.

• Crawl to a sturdy chair. If you think you can get up safely without help, roll over onto your side. Rest again while your body and blood pressure adjust. Slowly get up on your hands and knees, and crawl to a sturdy chair.

• Slowly sit down in the chair. Put your hands on the chair seat and slide one foot forward so that it's flat on the floor. Keep the other leg bent so the knee is on the floor. From this kneeling position, slowly rise and turn your body to sit in the chair.

• Get help. If you are hurt or cannot get up on your own, ask someone for help or call 911. If you are alone, try to get into a comfortable position and wait for help to arrive. Prepare for a fall by keeping

a well-charged cordless or mobile phone with you at all times and arrange for daily contact with a family member or friend. Emergency response systems are another option: These systems enable you to push a button on a special neck-

lace or bracelet to call for help. Some smartwatches also have this feature.

Source: <https://www.nia.nih.gov/health/falls-and-falls-prevention-falls-and-fractures-older-adults-causes-and-prevention>

### We'll Help You Up and Down Stairs



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

**Call for a free brochure**

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

**BARRIER FREE STAIRLIFTS**

### MID MON VALLEY TRANSIT



Serving 21 communities in Washington, Westmoreland, Fayette and parts of Allegheny counties into downtown Pittsburgh (Mid Mon Valley area into downtown Pittsburgh)

**65 or Older RIDE FREE**  
Any Route, Any Time  
Must have Proof of Age

1300 McKean Avenue, Charleroi, PA 15022  
724-489-0880 • [www.MMVTA.com](http://www.MMVTA.com)

## Apartments for Rent

### Ahepa 156 Apartments

Canonsburg, PA

**1 Bedroom Apartments, Secure Bldg.**


- » 62 and Over Community
- » HUD Subsidized Apts
- » Utilities Included, On Site Laundry
- » Must pass a credit and background check

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**







## October is National Cyber Security Awareness Month

Stay safe when using the Internet with these tips from [StaySafeOnline.org](https://www.staysafeonline.org/):



**KNOW THE RED FLAGS**  
If anyone insists on payment by a wire transfer or gift card, it's a scam. Hang up or delete!

**VERIFY TO CLARIFY**  
Be suspicious of emails, texts or calls that create a sense of urgency and require you to give your credit card number or bank account information. Hang up or walk away and contact a trusted source to verify the legitimacy of the request.

**WHEN IN DOUBT, THROW IT OUT**  
Links and online advertising are the easiest way for cyber criminals to get your sensitive information. Be wary of clicking on links or downloading anything from a stranger or that you were not expecting.

**KEEP A CLEAN MACHINE**  
Keep all software on all Internet-connected devices current. These updates not only improve the security of your device, but also improve its functionality.


**Do Your Part. #BeCyberSmart.**

Member FDIC

**www.ffgc.bank**

NMLS#468729



## 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.

**Canonsburg Senior Center**  
Wed, Sep 3, 9:00 – 11:00 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.



# Growing With Your Home: An Evolving Relationship

*Eashwari Samant and  
Adreinne Walnoha from  
Havenside*

Your home is more than just four walls and a roof – it's a living, breathing extension of your family's story and legacy, and your biggest financial asset. As homeowners, particularly those in our vibrant senior community, understanding how to evolve your home can transform your daily living experience and your long-term comfort – physical, emotional and even financial.

## Your Home as a Haven

Homes are about memories. The kitchen that saw the baby's first steps. The living room that saw years of holidays. The patio where little fights were resolved over a game of catch. These emotional connections make your home irreplaceable while highlighting why thoughtful evolution – rather than reactive repairs – serves both your heart and your future.

There's healing power in the walls that know

your story, which is why preserving the 'feel' of your home – its soul – is critical even as its function evolves. Research consistently shows that aging at home contributes to better mental health outcomes, with familiar environments providing comfort and continuity during life transitions.

## Investment that Delivers Value

With some of the oldest housing stock in the nation – with a median housing age of 57 years – our state presents unique opportunities for value creation through thoughtful, long-term planning of home improvements.

The median home value in Pennsylvania has grown steadily, with well-maintained older homes outperforming newer construction at times. However, Pennsylvania's challenging terrain and infrastructure mean that deferred maintenance create complexity for homeowners. A \$3,000 repair today prevents a \$15,000 replacement tomorrow, especially given the region's



volatile weather patterns.

Smart financial planning recognizes that home improvements aren't isolated projects, but interconnected investments spread out over the long-term to protect your biggest asset. This coordinated approach reduces overall labor costs while maximizing home value and the living experience.

The key is viewing improvements through a portfolio lens. Bath and kitchen renovations typically have the highest impact on home value, while accessibility improvements often pay for themselves through avoided moving expenses and increased safety. For the Commonwealth's large senior population – projected

are intelligent design decisions that serve any homeowner.

Foundation issues in older Pennsylvania homes often stem from inadequate drainage – a problem exacerbated by our topography. Proactive water management prevents costly structural damage while creating opportunities for customization of the basement space. Similarly, upgrading electrical systems creates capacity for modern living and smart home automation using IoT and machine learning to deliver safety and energy efficiency.

Pennsylvania's skilled labor shortage means that coordinating multiple improvements simultaneously often proves more cost-effective than short-sighted piecemeal projects that spring up every other year.

When you address your home's structural needs strategically and proactively, you optimize your future living experience while saving costs.

## Start Small, Start Now

You don't have to be a visionary with a decade-long plan. Just starting with reflection and documentation can help greatly. After all, you've known your home for the longest time!

Ready to begin evolving your home? Start with these

steps:

- Pen down your own living goals for the future and identify spaces of comfort within your home.
- Document your home's maintenance and renovation history to identify patterns and plan future improvements
- Consider getting a comprehensive home assessment
- Complete the NCOA (National Council on Aging) Falls Prevention Checklist to identify immediate safety improvements  
<https://www.ncoa.org/tools/falls-free-checkup/>
- Download the AARP Home Fit Guide for room-by-room accessibility planning  
<https://www.aarp.org/livable-communities/housing/info-2020/home-fit-guide/>

Homes are the oases of life. With proactive planning, they can continue to serve your family's evolving needs while building lasting, generational value. The question is – how will you choose to write your home's next chapter?

*Havenside is a specialty construction group with a track record of 6000+ home improvement projects – renovations, remodels, safety and accessibility – in Southwest PA.*

# Your Financial Future

*Gary W Boatman MBA, CFP*

Social Security was signed into law August 14, 1935 as part of President Franklin D. Roosevelt's New Deal to provide a financial safety net for older Americans, many of whom had been left destitute during the Great Depression. Funded through payroll taxes paid by workers and employers, it began as a retirement program but later expanded to include disability and survivor benefits. For today's seniors, Social Security is a lifeline—providing steady, inflation-adjusted income that many depend on to cover essential expenses like housing, food, and medical care. For roughly half of retirees, it represents the majority of their income, making it not just a benefit, but a critical pillar of financial security and dignity in later life.

Many people do not realize that the amount of lifetime income their family receives from SS is based upon decisions that they make themselves. The first important factor is the age that you claim

retirement benefits. Full retirement age for anyone born after 1960 is 67. This is the age when you get 100% of your benefits. If you claim at an earlier age, you give up a little over 6% a year. The earliest you can claim retirement benefits is 62. If you did so, your monthly check is 30% less than it would have been. Remember, this reduction lasts for the rest of your life.

It is estimated that 64% of people claim their benefit before full retirement age and thus give up tens of thousands of dollars in potential benefits. It is important to remember that the losses could be much larger than just these lost dollars. Social Security is one of a few retirement income streams that has a cost-of-living benefit. Every October, the SSA declares an inflation adjustment for the following year. It normally averages between 2-3% starting the following January. Getting 3% on \$1,000 gives you more spendable dollars than 3% on \$700. This Difference

multiplies over your life time. Also, your spouse may get larger spousal benefits and likely a much bigger survivor benefit if you make good choices about when to begin benefits. In total, this could be over a hundred thousand dollars.

Originally, Social Security was received tax-free. In 1983, the trust fund was facing near insolvency and Washington made some changes that have protected the system until the current time. Part of that solution was raising full retirement age from 65 to 67 and making up to 50% of your SS income taxable. In the late 1990s the law was amended that made up to 85% taxable depending on other income. It is important to remember, these percentages are the amounts of your SS subject to taxation and not the actual tax rates. That is a major difference. Because of this possible taxation, it is important for people with large balances in qualified accounts such as IRAs and 401ks to do a detailed analysis before starting



their SS benefits. It can make a major difference in lifetime taxes paid.

Social security is very important in every senior's life and making good decisions can be very valuable. Do a complete review and make sure you have all of the answers before making these decisions. Your family will thank you.

## Public Transit Serving Seniors

Stay active and independent with free or discounted rides for seniors ages 65+ in Washington County — reliable rides to medical appointments, shopping, entertainment, and more.

### SENIOR TRANSIT OPTIONS

- Free to sign up, seniors 65+ can access fixed route and shared ride services.
- 65+ ride for free on the fixed route bus and discounted on the door-to-door shared ride program.
- Fixed route service to Tanger Outlets, Hollywood Casino at Meadows, downtown Pittsburgh, and more.
- Shared rides at discounted rates to medical appointments, shopping, entertainment and free rides to adult daycares and senior centers at 60+.

**LEARN MORE**

Contact Us  
724-223-8747

[freedom-transit.org](http://freedom-transit.org)

Senior Community Centers participated in tournaments for Wii Bowling. Center on the Hill won the finals held on July 22, 2025.

## CANCER CARE SHOULDN'T JUST BE GOOD ENOUGH IT SHOULD BE LIFE CHANGING

As the **region's only National Cancer Institute-designated Comprehensive Cancer Center**, UPMC Hillman Cancer Center provides innovative clinical trials and groundbreaking medical procedures. We proudly offer world-renowned cancer specialists and a compassionate support system for patients and their families. **Discover more at [UPMCHillman.com/LifeChanging](http://UPMCHillman.com/LifeChanging).**

**Stanley Marks, MD**  
Chairman,  
UPMC Hillman Cancer Center

**UPMC HILLMAN CANCER CENTER**

NCI Designated Comprehensive Cancer Center



# Medicare Open Enrollment Period

Medicare's Annual Open Enrollment Period (AOEP) is fast approaching and PA MEDI (Pennsylvania Medicare Education and Decision Insight) can help! The PA MEDI program is offered at no charge through the Southwestern Pennsylvania Area Agency on Aging. AOEP runs from October 15th to December 7th, with changes becoming effective on January 1, 2026. AOEP is when Medicare beneficiaries can join, change, or drop their Medicare Advantage Plan and/

or their Part D prescription drug plan. PA MEDI certified counselors want to ensure that your health care plan meets your healthcare needs and budget. They will review your current coverage and review any potential plans for the upcoming year. Medicare Advantage Plans and Part D prescription drug plans can change yearly. All plans are required to send enrollees an Annual Notice of Change (ANOC) by September 30. This ANOC will explain any changes in your current plan for

the upcoming year – changes can include premiums, deductibles, co-pay/co-insurance amounts, formulary changes and/or network provider changes. For 2025 AOEP, staff and counselors will be completing comparisons over the phone and in person, by appointment only. There is no fee for PA MEDI to assist individuals with comparing their insurance options. To make an appointment for Washington, Fayette, or Greene counties, please call 724-489-8080 ext.4438.

# Senior Action Council (SAC) picnic

The 2025 Senior Action Council (SAC) picnic, hosted by the Mon Valley chapter, was held on Friday, August 8, at Palmer Park in Donora. Karen Perry, President of the Mon Valley Chapter, welcomed nearly 40 members from the Fayette, Greene, Washington and Mon Valley chapters. Henry Burney provided the invocation and blessing of the food. The picnic lunch was prepared and served by the Diversified Human Services Central Kitchen staff. Entertainment was provided by Renita Crable, who performed a comedy act portraying herself as "Su Z Q from the city". Following lunch, bingo

was called, followed by a silent auction of gift baskets, and door prizes were awarded. Recognition was given to the longest and newest members of the Mon Valley chapter. The mission of the Senior Action Council is to affirm the continuing importance of diversity awareness, to advise the Southwestern Pennsylvania Area Agency on Aging regarding issues and concerns which affect older minority groups, and to assure that the provision of services, will meet the diversified needs of all older minority adults residing in Fayette, Greene, and Washington Counties, and the Mon Valley District.



# What is a Compensation and Pension Exam?



Veterans who file disability claims or spouses who file for aid and attendance will be scheduled for a Compensation and Pension Exam. For disability claims, these exams assess a veteran's disability and its connection to military service. The exams help determine the severity of the veteran's disability and whether it is service connected. For pension claims that are for

non-service-connected medical issues, the VA schedules the same types of exams that supports the need for a pension.

In both cases the pro-

cess is very similar. Whenever a disability or pension claim is filed, the VA collects relevant medical documentation from VA appointments and civil-

ian doctors. Exams are then scheduled with the appropriate provider who reviews the medical documentation and conducts a physical exam with the veteran. The results of the exam are recorded and submitted to the VA for review by a VA rater and help support the claim.

When attending the compensation and pension exam, the veteran or spouse should be prepared to discuss medical history

and symptoms and how their conditions affect daily life. This information is an important factor in assessing the severity of disability. The examiners should ask questions from the specific forms for each condition, also known as Disability Benefits Questionnaires. The forms are available for review on the VA website: [www.benefits.va.gov](http://www.benefits.va.gov), and they can also be requested from your Veteran Service Officer.

For pensions, the discussion may also include a mental competency exam to determine the need for a fiduciary (someone to manage the finances of the claimant). Every situation is different and should be discussed with a Veteran Service Officer experienced with pension claims. Any questions about providers or exams can be answered by your County Veterans Affairs office.

For more information, contact your County Veterans Affairs office:

**Fayette County**  
724-430-1241

**Greene County**  
724-825-5275

**Washington County**  
724-228-6865



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

**FACT Fayette Area**  
COORDINATED TRANSPORTATION

**Our Programs:**

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

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

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

**zecliner**  
Live. Sleep. Be Well.  
FLEXTECH

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

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

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

**LOWEST PRICE GUARANTEED!**

**MON VALLEY'S LARGEST DISPLAY OF LIFT CHAIRS**

**HIGHWAY**  
APPLIANCES - FURNITURE - MATTRESSES  
724-326-5616  
[highwayappliance.com](http://highwayappliance.com)

75 Years!  
Since 1950

2214 Route 88 DUNLEVY Exit #40 off Interstate 70

...Since 1946

**Havenside**

**6000+**  
projects in Southwest PA

**Renovations & Remodels**

**Maintenance & Handyman**

**Accessibility Upgrades**

**Your Home Improvement Partner For Life**

Call us at  
**412.286.2206**

**Senior addiction recovery support**

**Let's travel together on your road to recovery!**

**Our Programs:**  
Senior Housing  
Substance Recovery

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

724-986-7364  
[www.serenityfarmsinc.org](http://www.serenityfarmsinc.org)

**SERENITY FARMS**  
GROWING RECOVERY





# Making a Difference

## “What’s the Difference?”

In Pennsylvania there are several choices available for people looking for long-term help. Choosing the right setting for yourself or a loved one is an important task and often the first question an Ombudsman is asked is “What’s the difference between an Assisted Living Residence and a Personal Care Home?”

Personal Care Homes are long-term care residences that provide shelter, meals, supervision, and assistance with personal care tasks. Personal Care Homes serve a variety of residents, including people with physical, behavioral health, or cognitive disabilities who are unable to live safely at

home. Many older Pennsylvanians choose to live in a Personal Care Home for the availability of services that can help meet their individual needs and for the sense of community offered.

An Assisted Living Residence offers the same services as a Personal Care Home but may be able to serve individuals with higher care that do not require 24-hour nursing care. The legislation that led to Assisted Living Residences wanted to provide community home that allowed for a person to age in place so that a resident did not have to move because of changing medical needs.

In Pennsylvania, both

Personal Care Homes and Assisted Living Residences are inspected and licensed by the Department of Human Services. The regulations guiding these businesses focus on factors that impact the health, safety, and well-being of the residents living there. All long-term care facilities in Pennsylvania are inspected by licensing agencies yearly, but special investigations into complaints and unusual incidents also occur as needed.

Often, both types of facilities are privately-owned, but some are managed by local governments or non-profit agencies. In Pennsylvania, homes may be licensed

to care for as few as four people and as many as several hundred. Payment rates are set by the facility and both Personal Care Homes and Assisted Living Residences stays are not usually covered by Medicaid.

Navigating the long-term care community can be challenging, but the Long-Term Care Ombudsman is here to help you. If you have questions about long-term care or need support, call the Ombudsman today:

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

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

Ombudsman services are confidential and free!

**ORANGE** from page 5

Now, at a time when prices are soaring, need is at an all-time high (greater even than during the Pandemic), and in the face of unprecedented Federal Budget cuts looming, support and engagement around ending hunger is more important than ever. Providing food for our neighbors in need has always been life-changing. In these times, that food can very well be lifesaving.

Lending a hand and being part of the “orange” solution has also never been easier. You can connect with your local food bank or food pantry to volunteer helping pack, sort, or distribute food. Because of their infrastructure and networks, food banks are excellent multipliers on investments due to their buying power and supply chains. One dollar goes much further with a food bank than it would with you or I and in many cases just one dollar can provide

one, two, three, or even four or more meals.

In this day of social media and technology, it is even easier than ever to stay connected to hunger relief organizations, share events and news, and promote their missions and impact. Follow your local food banks on Facebook, Instagram, etc. and help spread the word.

For the 1.5 million Pennsylvanians who struggle with not knowing where their next meal is coming from, now is the time for us all to be ambassadors against food insecurity.

For more information and to learn ways to get involved, please visit [www.pafoodbanks.org](http://www.pafoodbanks.org).

Older adults struggling with hunger should call the Southwestern Pennsylvania Area Agency on Aging’s Information and Assistance Unit at 1-800-734-9603 to find out about food banks in their community or about the AAA Nutrition Program.

## Grandparents Day is September 7th!

In 1978, President Jimmy Carter signed a federal proclamation, declaring the first Sunday after Labor Day as National Grandparents Day. Grandparents play such an important role in our society and the connection between grandparents and grandchildren is one to be cherished. Grandparents are best known for helping by providing extra love, care and understanding to their grandchildren. The role of grandparents varies and can include taking on the role of the parent to their grandchildren. For many of those grandparents, it can be challenging to step back into a parenting role when it has been decades since they cared for young children; but doing so can provide comfort for their grandchildren as well as a sense of stability during difficult times. The Southwestern Pennsylvania Area Agency on Aging, Inc. offers a monthly Grandparent support group in Charleroi to connect you

with other older adults raising children and cultivate a support system to uplift your spirits and assist with your challenges. Please see the section for support groups on this page or our Facebook page for dates and times.

Grandparents raising grandchildren may also qualify for the Caregiver Support Program that provides financial reimbursements to assist them in caring for their grandchildren. Items or services eligible for reimbursement may include school supplies, recreational or extracurricular activities, seasonal clothing, respite, babysitting, summer camps and more. Grandparents must be at least 55 years old raising children who are under 18 and related to them by blood, marriage or adoption. The grandparents must be the primary caregiver, and the biological parents of the children cannot reside in the same home. For more information, please contact the Southwestern PA Area Agency on Aging at 1-800-734-9603.

Other resources for grandparents raising grandchildren can also be found through Pennsylvania’s KinConnector. Pennsylvania KinConnector is a FREE and confidential resource providing empathy, assistance, and referral services to kinship caregivers and their families, as well as childcare and community providers. For more information, please visit the website, [Kinconnector.org](http://Kinconnector.org) or call 1-866-546-2111.

The staff of the Southwestern Pennsylvania Area Agency on Aging, Inc. and the Caregiver Support Program want to take the opportunity to thank all the grandparents who have provided care and support to their loved ones in any capacity over the year. We would like to express our sincere gratitude to the grandparents who have found themselves in the full-time caregiving role again.

tact the Southwestern PA Area Agency on Aging at 1-800-734-9603.

The staff of the Southwestern Pennsylvania Area Agency on Aging, Inc. and the Caregiver Support Program want to take the opportunity to thank all the grandparents who have provided care and support to their loved ones in any capacity over the year. We would like to express our sincere gratitude to the grandparents who have found themselves in the full-time caregiving role again.



Do you feel overwhelmed or need assistance with caregiving? Join our virtual coffee talk from the comfort of your own home!

We explore different topics pertaining to caregiving such as wellness and burnout, dementia, legal services, insurance counseling, getting organized, tips for new caregivers and more!

GoToMeeting Web Browser  
<https://gotomeet.me/kaylasnyder/csp-cgcoffeetalk>

Landline or Cellphone  
+ 1 (872)240-3212  
Access Code:  
369-829-805



## 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  
SEPTEMBER  
**12**  
FROM 1  
TO 2 PM

### MON VALLEY

SPHS Board Room  
300 Chamber Plaza,  
Charleroi, PA 15022

MONDAY  
SEPTEMBER  
**15**  
FROM 1  
TO 2 PM

### PARKINSON'S

Abundant Life Church  
1239 Brownfield Rd.  
Uniontown, PA 15401

TUESDAY  
SEPTEMBER  
**23**  
FROM 1  
TO 2 PM

### GRANDPARENTS

SPHS Board Room  
300 Chamber Plaza,  
Charleroi, PA 15022


WEDNESDAY  
SEPTEMBER  
**24**  
FROM 10:30  
TO 11:30 AM

### WASHINGTON

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

TUESDAY  
OCTOBER  
**7**  
FROM 1  
TO 2 PM

**We hope to see you there!**



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

Helping seniors establish an estate plan they understand.

Offices in Perryopolis  
and Uniontown

Call for an appointment.  
724-437-4700

**ATTENTION SENIORS!**

**Thomas Campbell  
Apartments and  
Thomas Campbell North**

**Currently accepting applications for all units!**

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

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

**724-225-2290 or 724-228-2855**

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

Let us connect you!  
Advertise in the **Senior Times!**



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

**USE THIS Valuable Coupon**  
CLIP & SAVE

**FREE PA STATE INSPECTION**  
724-483-5541

**Quick Lane**  
TIRE & AUTO CENTER

816 McKean Avenue, DOWNTOWN CHARLEROI  
DAVIESCHARLEROI.COM

\*With This Coupon Only.  
Parts & Labor to Repair Extra.  
Expires 10/31/2025.



Recipe of the month



## Golden Baked Pork Cutlets



## Ingredients

- |  |  |
|--|--|
| 1 pound pork tenderloin, trimmed                                   | ½ teaspoon salt                                    |
| 1/2 cup dry breadcrumbs, preferably whole-wheat ( <i>see Tip</i> ) | 4 teaspoons neutral oil, such as canola or avocado |
| 1 teaspoon sugar   | 1 large egg white, lightly beaten                  |
| ½ teaspoon paprika   | 4 teaspoons cornstarch                             |
| ½ teaspoon onion powder  |  |



## Directions

- Preheat oven to 400 degrees F. Coat a rimmed baking sheet with cooking spray.
- Holding a chef's knife at a 45 degrees angle and perpendicular to the tenderloin, slice the pork into 4 long, thin "fillets."
- Mix breadcrumbs, sugar, paprika, onion powder and salt in a shallow dish. Drizzle with oil and mash with a fork until the oil is thoroughly incorporated. Lightly beat egg white with a fork in another shallow dish. Sprinkle cornstarch over the pork slices and pat to coat evenly on both sides. Dip the pork into the egg, then press into the breading mixture until evenly coated on both sides. (Discard leftover mixture.)



## Tip

To make fresh breadcrumbs, trim crusts from whole-wheat bread. Tear bread into pieces and process in a food processor until coarse crumbs form. One slice of bread makes about 1/2 cup fresh crumbs. For dry breadcrumbs, spread the fresh crumbs on a baking sheet and bake at 250°F until crispy, about 15 minutes. One slice of fresh bread makes about 1/3 cup dry crumbs. Or use prepared coarse dry breadcrumbs. We like Ian's brand labeled "Panko breadcrumbs." Find them in the natural-foods section of large supermarkets.

Source: <https://www.eatingwell.com/recipe/249504/golden-baked-pork-cutlets/>

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

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 2201PAMIAA-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.



## Complimentary Hearing Aid Cleaning Month!



Debra Swift, B.C.-H.I.S.  
Owner/President



Megan Auria, Au.D., CCC-A



Lauren Fitzpatrick, Au.D.



Tammy Swift, B.C.-H.I.S.

To celebrate Healthy Aging Month, all hearing aid cleanings are complimentary through September 30th, even if you are not an existing Swift Audiology patient.



Call 724-222-9010 to schedule your appointment and experience for yourself how hearing well can make a difference in your overall health.

Certain MFR exclusions may apply - call to inquire!



BBB Rating: A+



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

# Punctuation Day!

by Cindy Bartolotta

Back when we were growing up, school didn't start until after Labor Day. We enjoyed three months of summer vacation. One of the most dreaded classes was English. That meant grammar and punctuation. I believe commas and periods are the most important of all. Find these types of punctuation marks!

ANGLE BRACKETS	EXCLAMATION MARK
APOSTROPHE	FORWARD SLASH
AT SIGN	FULL STOP
BACK SLASH	HYPHENS
BRACES	PARENTHESES
BRACKETS	PERIOD
COMMA	PUNCTUATION MARKS
CURLY BRACKETS	QUESTION MARK
DASH	SEMICOLON
DOUBLE HYPHEN	SLASH
DOUBLE QUOTATION MARKS	SQUARE BRACKETS
ELLIPSIS	SWUNG DASH
EM DASH	TILDE
EN DASH	TITTLE

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

See answers on page 19



FREE TO OLDER ADULTS



and



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.**



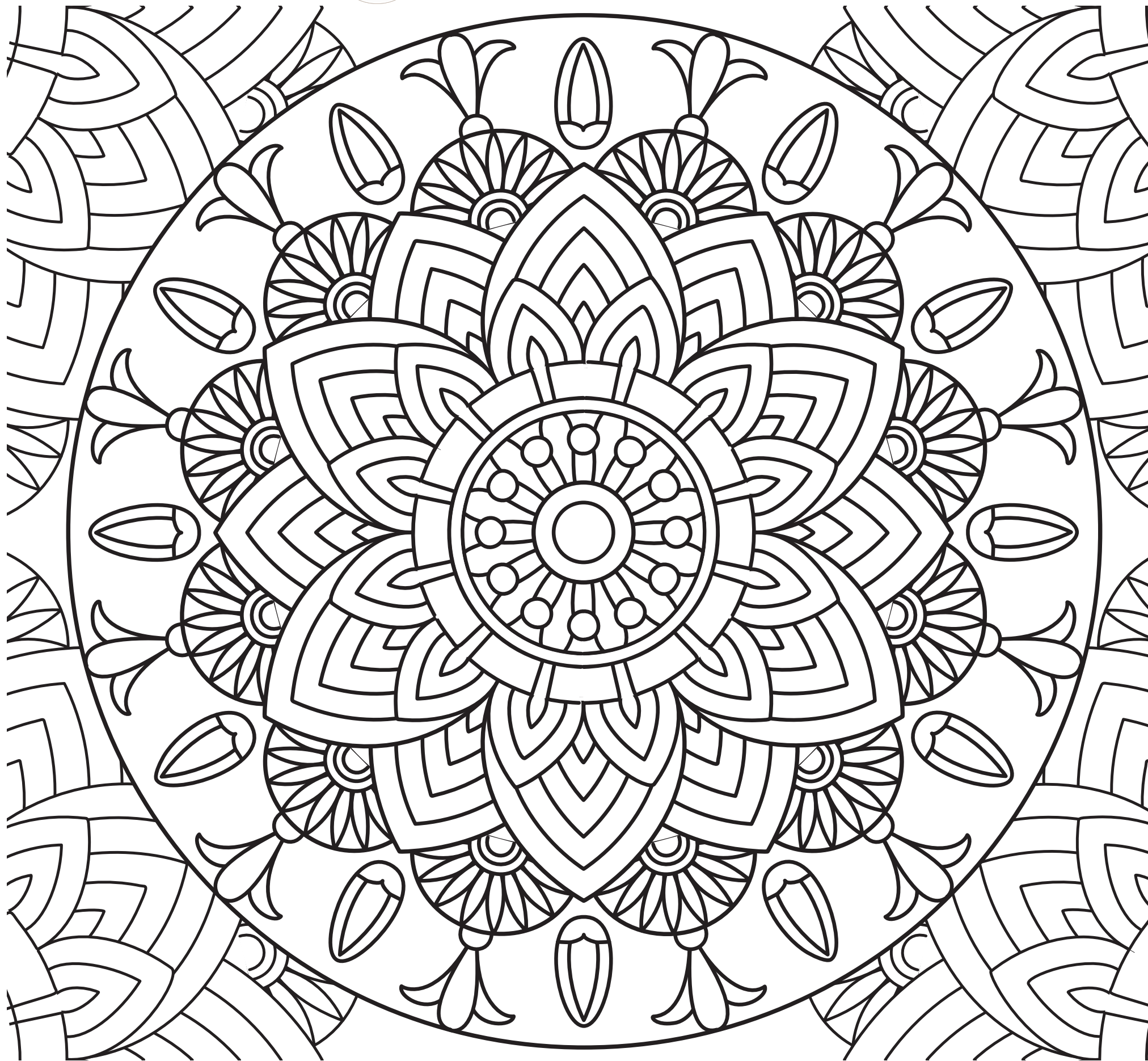
Southwestern Pennsylvania Area Agency on Aging







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 SeniorLIFE hosts bingo and winners receive a small snack... Dartball is played on Thursdays at 6:30 p.m... We have a very special birthday this month. **Mary Lois McKnight** will celebrate 100 years on Sept. 11. She has one son **James (Corrine)**, four grandchildren and six great grandchildren... Happy September birthdays to **Brenda Kromer, Mary L. McKnight, John Zundell, Sandra Newell, and Richard Means**... Happy September anniversary to **Shirley and Scott Christner**...

### BROWNSVILLE CROSSKEYS

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

-Kim Clay

... September is packed with loads of activities at the Center... On Sept. 16, Scratch Off Bingo will be called at 10 a.m. The cost is \$5 and additional cards are \$1 each. Please call to reserve your spot... On Sept. 23, we will enjoy a fall craft. The cost will be \$5. Please call to re-

serve your spot... On Sept. 26, **Kim Orbash** from the Pennsylvania Department of Health will present a program on Respiratory Virus season at 10 a.m... Bring a friend and enjoy Wii bowling, cards and community... Lunch is served Monday, Tuesday, Wednesday and Friday between 11 and 11:30 a.m... Hope to see all of you soon!...

### BULLSKIN

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

- Lisa Wilson

... On Mondays and Thursdays, lunch is served at 11:30 a.m. followed by Nickel Bingo. Please call or arrive by 10:30 a.m. to reserve a lunch... We welcome all seniors over 60 to become members. It is free to sign up... We have our pavilion, upstairs and downstairs halls available to rent for all events. Please contact the Center for rental rates... All members are invited to join us on Funday Fridays for some fun and relaxation... On Sept. 6, 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 Sept. 8, Grocery Bingo will be called from 10 to 11 a.m... On Sept. 15, **John** from Inversion will visit the Center from 10 to 11:15 a.m... On Sept. 18, **Dr. Peter Kreckel** from Nickman's Pharmacy will provide information and entertain us with magic from 10 to 11 a.m... On Sept. 20, we will hold a craft show and flea market from 9 a.m. to 3 p.m. Our kitchen will also be open during that time... On Sept. 22, we will enjoy trivia with **Joe** at 10:30 a.m... On Sept. 25, Fayette County Community Action will host nutrition talks at 10:30 a.m...

On Sept. 29, Bonus Bingo will be called after lunch... Follow us on Facebook at Bullskin Township Senior Center for more information...

## CENTER ON THE HILL

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

-Rick Swaney

... Hello September!... On Mondays, bingo is called at 10 a.m. and Euchre is played at 12:30 p.m. Both are open to everyone. Stop by and join the fun!... Join us Tuesday through Friday mornings to assemble puzzles, read a book or just grab a cup of coffee, enjoy some company, and maybe even stay for 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... 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 12 p.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 by 12:00 p.m. the day before to make your reservation... On Sept. 8, 22 and 29, Big Bingo will be called... All bingos benefit the Center and are open to the public... Thank you to **Mary Ann and David Pierallini** for the monetary



www.spartansurg.com

# SPARTAN HEALTH SURGICENTER

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

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



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

## Specialties Include:

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

Now MMVTA Bus Service!

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



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

SPARTAN HEALTH

MEDICAL STAFF

**Colon/Rectal:**  
Steven Esser, MD

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

**Podiatry:**  
Khoi Vo, DPM

**Ophthalmology:**  
Thomas Findlan, DO  
Angela Gauthier, MD  
Nisha Dhawlikar Gosai, MD  
Anagha Medsinghe, MD  
Julia Kisin Polat, MD  
Aaron Wang, MD

**Orthopedic/Spine:**  
Jocelyn Idema, DO

**Pain Management:**  
Anthony Cuneo, MD

**General Surgery:**  
Prakorb Isariyawongse, MD

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



# Senior Community Center Notes

donation in memory of **Ann Husovitz**. **Ann** was an active leader and participant in the community for most of her adult life. She was active in the home-delivered meals program and at the Center...

**CONNELLSVILLE**  
100 E. Fayette Street  
Connellsville, PA 15425  
724-626-1515  
-Christina Tringhese  
... Happy September!... Lunch is served Monday through Friday at 11:30 a.m. ... On Mondays, Wednesdays, and Fridays, two games of bingo are called, one at 10:30 a.m. and one at 11 a.m.... On Tuesdays, one game of bingo is called at 11 a.m., Grocery Bingo is called at 12:15 p.m., and afternoon bingo is called at 1 p.m.... On Thursdays, Magic

Number is called at 10:45 a.m. and one game of bingo is called at 11 a.m.... On Sept. 24, **Mark** will entertain us with music during lunch... We hope to see you at the Center for some fun!...

**MASONTOWN**  
22 S. Main Street  
Masontown, PA 15461  
724-583-7822  
-Dan Visnaukas  
... We are happy to report that **Pam** is back! We all missed her, and we enjoyed her presentation for National Ice Cream Day. We all made our own ice cream with an assortment of toppings... We are still raising money for our roof replacement. Our staff, volunteers and seniors are helping us, but we need more help. Since our July calendar raffle ticket was such a hit, we

are ready with a September calendar ticket. July's tickets sold out fast, so get yours today. You get two numbers and a chance to win every day. Several people won twice in July... The fun hasn't stopped here. We enjoy activities, guest speakers, live entertainment, games, bingo, great affordable meals, and much more... Meals are served Monday through Friday at 11:30 a.m.... Don't forget about our meals to go fundraiser available from 10 to 11 a.m.... Please contact us before 9 a.m. to reserve your meal. Order a couple of meals and enjoy your lunch with some family or friends. Call **Donella** at 724-583-7822 to order a meal, purchase a ticket or volunteer at our center...



25 years of keeping seniors independent in their homes.

Community LIFE helps seniors confidently and safely live at home with an all-inclusive program and insurance plan. With eight Health and Wellness Centers throughout the region and transportation provided, you can drop by and have a cup of coffee, laugh with friends, and take care of your health all at once. For a community that's full of LIFE, call **866-419-1693** or visit **commlife.org** to learn more.



**MOUNTAIN CITIZENS**  
Box 105  
Farmington, PA 15437  
724-329-4260  
-Wanda Sherry  
... Welcome to September 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... On Tuesdays at 10 a.m., Store Bingo is called... On Thursdays, Dime Bingo is called at 10 a.m.... 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 **Ruby Lear and Kathy Garber**. Happy September birthdays to **Rick Anderson, Cathy Krakau, Doug Krakau, Ethel Morrison, Larry Rishel and Marvin Skinner**... On the fourth Tuesday of the month, blood pressure screenings are conducted. This month we will enjoy special instrumental music by **Susan Bassey, Rebecca Keiderling and Kayla Paul**... On the fourth Thursday of each month, we enjoy special music. This month we welcome the **Durst Brothers**... Our center started a bingo fundraiser, and it will run through November. Every Wednesday, bingo will be called from 6 to 9 p.m. The public is encouraged to come out and enjoy the evening and support our center. The kitchen will be open for business... Our center has an ongoing in-house flea market where members and guests can shop; you never know what treasures you may find at a very reasonable price... Our center accepts used batteries for recycling and please remember we no longer collect plastic lids or bottle caps... 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  
... Welcome to our center!... Please feel free to join our beautiful center. Whether you'd like to stop in for lunch, or join a fun activity, we are here!... Lunch is served Monday through Friday at noon. Please place your order the day before by noon... On Mondays, Wednesdays and Fridays, bingo is called from 10 a.m. to 12 p.m.... On Mondays, we are still moving with exercises at 11:30 a.m. Feel free to join for some fun exercises... On Tuesdays and Thursdays, our card club meets at 11:30 a.m.... Fayette County Community Action will be back every other Wednesday to present a program on nutrition and health... We are here, please come and join us! All are welcome...

**GREENE COUNTY**  
**JEFFERSON**  
190 Washington Street  
Jefferson, PA 15344  
-Colleen Valosen  
... As the days of summer are drawing to a close, our center has happily welcomed several new members and we're looking forward to impressing them with our late summer/early fall themes and fun... On Sept. 3, we will enjoy Coconut Day. Tasty coconut treats could

**SMITHFIELD COLONIALS**  
14 Water Street  
Smithfield, PA 15478  
724-564-2934  
-Janice Woods  
... Summer is quickly coming to an end and fall is just around the corner... On Sept. 4, we will celebrate anniversaries and birthdays, take a chance on **Louise's** 50/50 and then exercise with **Janice** and her dancing pool noodles... On Sept. 11, blood pressure screenings will be conducted, we will take a chance on **Louise's** 50/50, and we will enjoy **Elaine's** basket raffle. We will also be joined by **Candy** from Fayette County Community Action who will present a program entitled My Plate... On Sept. 18, **Tim Dye**, Clerk of Courts for Fayette County, will present a program... On Sept. 25, a few rousing games of **Steve's** Crazy Bingo will be called... We meet every Thursday starting at 10 a.m. for fun, fellowship and information...

# Senior Community Center Notes

possibly grace our welcome table. Tiki parties are always smile-worthy, so if you have a lei or grass skirt, please wear them. Ukulele music will get us in a lighter mood as we play a coconut game... On September 10, we will enjoy Steelers Day. We are asking everyone to don their black and gold as we enjoy our first football pool. As we enjoy the tailgate welcome table, let's share some of our favorite Steeler experiences... On Sept. 17, **Nancy** from Fairway Florals will help us create Halloween/fall arrangements. Reservations must be made at least one week ahead and there will be a \$15 fee for supplies. While some of our members are busy with this, the others are welcome to participate in adult coloring and games... On Sept. 24, we will celebrate Potato Day. We hope our welcome table can hold the myriad of ways to prepare spuds. We also realize that you can use potatoes in lots of games... From Labor Day until the first few days of fall, get yourself out of the house, into the cooler temps, and into a senior center of your choice. Time with our peers who understand our aches, pains and problems can make us forget all that for a while or even leave us with suggestions that prove helpful. Give a senior center a chance, what have you got to lose?... Take care...

**WEST GREENE**  
Harvey's Grange, R.D. 1  
Graysville, PA 15337  
724-428-3853  
-Jean Wise  
... We have welcomed some great speakers, representatives from The Bradford House and Baltimore Life insurance... Our turnout this summer has been great! We are always looking for new members to join. We

play cards (Cinch), Farkle and bingo. Wii is also available... We meet on Thursdays from 9 a.m. to 2 p.m. Lunch is served at 11:30 a.m. This month, we would like everyone to bring in a picture of themselves when they were in school. This should be interesting...

**WASHINGTON COUNTY**  
**BENTLEYVILLE**  
931 Main Street  
Bentleyville, PA 15314  
724-239-5887  
-Hannah Burns  
... Wow! We can't believe it's September already!... 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 Sept. 2, **Pat** conducted blood pressure screenings and we held our monthly meeting... On Sept. 5, Big Bingo will be called at 1 p.m. Everyone is welcome. Bring a friend!... On Sept. 10, **Jamie Bennett** from Amedisys will be at the Center for Senior Talk... On Sept. 11, the Highway Safety Network and AAA (American Automobile Association) will present the Yellow Dot Program Workshop at 10:30 a.m.... On Sept. 16 at 10:30 a.m., Ombudsman **Melissa Gorby** from Aging Services of Washington County will present information on the Ombudsman Program... On Sept. 18 and 26, **Bridget** from SeniorLIFE will host Grocery Bingo at 10:30 a.m.... Also, on Sept. 18 at 12:30 p.m., we will enjoy bowling with our friends from Beth Center Senior Center at Bentleyville Lanes... On Sept. 23, Behavioral Health will host a Mental Health Bingo and conduct depression screenings at 10:30 a.m.... 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  
...September is here, and the leaves will be falling before we know it!... We held a hoagie fundraiser last month and they will be available for pick-up or delivery on Sept. 8... On Sept. 8, 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 Sept. 12, Big Bingo will be called at 12:30 p.m. All are welcome. Bring a friend!... On Sept. 16, **Jamie Bennett** from Amedisys will be at the Center for Senior Talk at 10:30 a.m.... On Sept. 18 at 12:30 p.m., we will enjoy bowling with our friends from Bentleyville Senior Center at Bentleyville Lanes... On Sept. 24, **Renee** from SeniorLIFE will host Grocery Bingo at 10:30 a.m.... On Sept. 29, Behavioral Health will host a Mental Health Bingo and conduct depression screenings 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....

**BURGETTSTOWN**  
200 Senior Way  
Burgettstown, PA 15021  
724-947-9524  
-Kristin Frazier  
... Welcome fall! We are looking forward to football season and the beautiful scenery... We are excited about our picnic at Mingo Creek Park on Sept. 4. It's always a great time to enjoy entertainment and see our

friends from other centers... On Sept. 10, **Bridget** from SeniorLIFE will host Grocery Bingo at 10:30 a.m. and help us celebrate birthdays... On Sept. 15 at 10:30 a.m., **Chris Vari** from Mediconnect will discuss changes to Medicare and Medicaid... On Sept. 17, Hess Physical Therapy will present a program on arthritis and joint pain at 10:30 a.m.... On Sept. 19, we will celebrate International Talk Like a Pirate Day... On Sept. 25, come out to the Washington Senior Expo at Washington Crown Center from 10 a.m. to 1:30 p.m. to learn about all the programs and services offered to seniors. There will also be prizes and entertainment... 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. Thank you to all those volunteers that covered vacations and did double and triple duty! You are greatly appreciated... 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  
-Tracy Weishner  
... We are looking forward to fall with the amazing colors! A combination of colors that only nature can create... On Sept. 3, **Jan** from Pathways will administer flu vaccines from 9 to 11 a.m... On Sept. 4, we will enjoy our annual picnic at Mingo Park from 10 a.m. to 2 p.m.... On Sept. 8, we will

hold our activities meeting at 9 a.m. and enjoy Music Bingo with **Chernise**... On Sept. 10, **Sam** from SeniorLIFE will host Grocery Bingo at 10 a.m.... On Sept. 11, we will hold our business meeting... On Sept. 12, **Hannah** will conduct blood pressure screenings at 10:30 a.m.... On Sept. 17, **Chris** will present a program on Medicare at 10 a.m.... On Sept. 18, PA Medi counselor **Tara Kelemen** from SWPA Area Agency on Aging, Inc. will present a program on Medicare... Canonsburg will host Oktoberfest from Sept. 19 to 21... On Sept. 24, **Kelly** from Townview will host horseraces at 10:30 a.m.... On Sept. 25, come out to the Washington Senior Expo at Washington Crown Center from 10 a.m. to 1:30 p.m. to learn about all the programs and services offered to seniors. There will also be prizes and entertainment... On Sept. 26 at 10 a.m., **Amy** from Brightstar will present a program on the advantag-



Open your heart and your home.  
Provide adults with a caring family by becoming a Domiciliary Care provider!

Domiciliary Care providers offer living arrangements in their own home for those unable to live alone because of physical or mental impairment. Providers receive \$1,313.36 a month per individual in their home.

For more information scan the QR code or call 724-489-8083 ext. 4612 • 1-800-411-5655 ext. 4617





# Senior Community Center Notes

es of home health... Our weekly activities include crocheting on Mondays at 10 a.m., Blessings Bible study on Tuesdays from 9:30 to 11 a.m. and Steady and Strong (fitness) at 12 p.m., bingo on Wednesdays at 12:30 p.m., Euchre on Thursdays at 12 p.m., and darts and chair yoga on Fridays at 12 p.m.... We now have monthly parking passes for \$4. They will be color coded by month. Take advantage of it and come down to enjoy the fun, activities and lunches!...

## CENTER IN THE WOODS

130 Woodland Court  
Brownsville PA 15417  
724-938-3554

-Nanette Andre  
... Welcome!... Save the Date for Gameshow Night on

Oct. 18. This is our annual fall fundraiser and includes dinner, basket auction, and a chance to be a contestant to win prizes... Our activity schedule is Monday, 12:30 p.m. dartball; Tuesday, chair exercise, 11:00 a.m.; bingo at 12:30 p.m.; Wednesday we offer painting group at 10:00 a.m., Bible study at 10:30 a.m., and Yahtzee at 12:30 p.m.; Thursday, chair exercise at 11:00 a.m., bingo & music jam at 12:30 p.m.; and Friday at 12:30 p.m. join us for Wii bowling and Euchre... A nutritious lunch is served Monday through Friday at 12:00 p.m. Lunch reservations must be made one business day prior by 12:00 p.m. by calling 724-938-3554... We are seeking volunteers to deliver meals to homebound neighbors.

Those interested in giving back to the community can contact **Elaine** at 724-938-3554 ext. 103... The Center remains a vibrant place for connection, wellness, and community service...

## CHARTIERS TOWNSHIP

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

-Rick Kauffman  
... Our Business Meeting and luncheon will be Tuesday, September 16, at 11 a.m. Members are encouraged to wear a sports tee shirt, preferably a Steelers shirt, and bring a terrible towel. Our guest speaker will be **Elizabeth Cope**, daughter of **Myron Cope**, and author of "Behind the Yoi." A Columbia Gas rep

will speak with anyone needing utility assistance. Our menu will be: Pulled pork, coleslaw, corn, rolls 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, September 11. Upcoming activities are: Keep Moving exercise class, Mondays, 1 p.m.; Bingo, Tuesdays and Fridays, 10 a.m.; Grocery Bingo, Friday, September 19; Cards, Tuesdays and Wednesdays, 12:30-3:30 p.m.; Game Days on Wednesdays, 12:30-3:30 p.m. will now include cards: Sweet Sentiments will provide supplies to create handmade greeting cards, Tuesdays, September 9 & 23; 5:30 p.m.; Chair Yoga, Wednesday, 11 a.m.; Tops: Wednesdays, 5 p.m.; Crafts, Thursdays, September 11 & 25, 5 p.m.... A special thank you to **Bridgett 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](http://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  
... September offers you thirty fresh starts. May you use them wisely... With the cool crisp mornings and warm sunny afternoons, September is a perfect month to accomplish anything... We look forward to the holiday weekend with family and friends to finish off the summer festivities... On Sept. 3, we enjoyed Grocery Bingo, coffee and donuts with

**Bridget** from SeniorLIFE... On Sept. 4, we will enjoy the annual senior picnic at Mingo Park from 10 a.m. to 2 p.m.... On Sept. 17, the PA Yellow Dot program will be at the Center to help everyone gather and understand the importance of having all the necessary information in your vehicle in case of an emergency. The program will start at 10:30 a.m. and all are welcome to attend... On Sept 25, the Senior Expo will be held at Washington Crown Center from 10 a.m. to 1:30 p.m. There will be entertainment and prize drawings as well as valuable program and services information available to seniors in our area... On Sept. 26, **Mary Beth** will conduct blood pressure screenings from 10:30 to 11:30 a.m.... On Sept. 29, SeniorLIFE will sponsor a pokeno and pizza party... Lunch is served Monday through Friday at 11:30 a.m. A \$2 donation for seniors 60 and older is suggested. Please call the day before to reserve your lunch... On Mondays, Pokeno is played following lunch... On Wednesdays and Fridays, Bingo is called after lunch... Please check our Facebook page at Cross Creek Valley Senior Community Center for updated information on any activities and our daily lunch menu... Stop in and say hello. It will be nice to see you!...

## DONORA

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

-Calvalier LaRue

... September is known for being the start of fall and the end of summer. Leaves will begin to fall, and the aroma of pumpkin spice will fill the air. Shorts and tank tops will be replaced with our favorite knitted sweaters while taking our evening walks.... Sept. 21 recognizes the annual International Day of Peace. Observances range from a moment of silence at noon to events such as peace walks, concerts, and volunteering in the community.

We are always looking for volunteers. Contact the Center at 724-379-6446 for more information... 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 at no cost from 9:30 to 10:30 a.m. or just relax and enjoy good company... On Mondays and Wednesdays, bingo is called. Early bird starts at 12:30 p.m. followed by thirteen regular games and seven specials... On Tuesdays, it's all about Wii bowling. The fun starts at 1 p.m.... On Thursdays, Pokeno is played at 1 p.m.... On Fridays, we enjoy board games and cards... On Sept. 7, let's all celebrate Grandparents Day. Take time to remember or thank those special people in our lives... On Sept. 10 at 11:30 a.m., Aetna will host an informational workshop with refreshments... On Sept. 22, the Washington County Department of Human Services will sponsor Mental Health Bingo and mental health screenings... All events are open to the public... Happy September birthdays to **Karen Jackson** and **Patricia Hamilton**...

## McDONALD/CECIL

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

-Marlene Wilson

... Summer will soon be coming to an end, but we can still enjoy a picnic. On Sept. 4, we will enjoy the Washington County senior picnic at Mingo Creek Park sponsored by Aging Services of Washington County and SWPA Area Agency on Aging, Inc... On Sept. 9, Behavioral Health will host Feel Good Bingo at 10:15 a.m.... On Sept. 10, we will hold our regular business meeting at 12 p.m.... On Sept. 11, **Sam** will host Grocery Bingo at 10:30 a.m.... On Sept. 12 and 13, a rummage sale will be held

# Senior Community Center Notes

at the Center... On Sept. 16, **Kelly** from Townview will host horseraces at 10:30 a.m.... On Sept. 18, **Hannah** from Premier will conduct blood pressure screenings... On Sept. 23, **Chris** from Med-Connect will visit the Center at 10:30 a.m.... On Sept. 25, the Washington County Senior Expo will be held at Washington Crown Center... On Sept. 26, we will enjoy craft day at 10:30 a.m.... On Sept. 30, game day at the Center will start at 10 a.m.... Get ready for fall, stop in and pick up a puzzle to assemble or a paperback book that might interest you... Have a great September!...

## MCGUFFEY

105 Green Street  
Claysville, PA 15323  
724-663-4202

-Olivia Gorby

... Goodbye summer and hello fall!... On Sept. 2 and 11, **Bridget** from SeniorLIFE will host Grocery Bingo... On Sept. 4, **Pat Maggi** will host a history lesson at 10 a.m.... On Sept. 5, 19 and 25, Left, Right, Center will be played... On Sept. 8 and 29, we will play corn bag toss... On Sept. 12, we will hold our monthly van trip... On Sept. 16, we will celebrate the upcoming season by hosting a hot cocoa bar at 10 a.m. and PA Health and Wellness will present a program on fall prevention... On Sept. 15, we will enjoy a fall wreath craft at 10 a.m.... On Sept. 18 and 26, Nickle Bingo will be called... This month a representative from the Yellow Dot Program will host a workshop about a tool that you can use to alert first responders to your vital information if you were to experience a car accident. Call the Center for the date... On Tuesdays, we enjoy Bunco...

## MONONGAHELA

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

-Mickelina Smith

... We can't believe it's already September! Get out and enjoy the rest of summer while you can... On Sept. 5, we will enjoy a Labor Day Party from 1 to 4 p.m. There is an \$8 fee to help with the cost. We will enjoy food, snacks, drinks, games, prizes and a DJ. Call or stop in the Center to be put on the reservation list... Hair by **Laurel** is open Wednesdays, Thursdays and Fridays. Call or stop in to make an appointment... We enjoy activities throughout the week, Pokeno, game days, arts and

crafts, Wii bowling, bingo, Bible study, and a party once a month on a Friday...

## MIDWAY

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

-Linda Matchett

... Although we are enjoying the last days of summer, we are looking forward to the "ber" months with planning our fall monthly activities... We continue to lift up our members who are unable to be with us... We are looking forward to the Washington County Senior Expo on Sept. 25 from 10 a.m. to 1:30 p.m. at Washington Crown Center... We have been informed of the Senior Blue Book, offering a directory of services to seniors. These can be found at the Heritage Library in McDonald... All are welcome to attend our monthly meeting held on the first Thursday of each month at 11 a.m....

## RIVERSIDE PLACE

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

-Alexis Lovas

... Here it is September already. We can breathe a sigh of relief from the high heat and humidity. Now on to cold weather. Time to put away those shorts and tank tops and get out long pants and hoodies. Come to the Center and keep warm. We have a lot to do here... On Mondays and Wednesdays, we enjoy Zumba at 4:45 p.m. The dancing will surely warm you up... Don't forget our fitness room, another source of heat... On Wednesdays, Big Bingo is called at 1 p.m. Sometimes things get a little heated that day... On Tuesdays, the card game Golf is played. New players are always welcome... On Fridays, Euchre is played... On Sept. 7, celebrate Grandparents Day. Just think of all the hugs you will receive that day to warm you up inside and out... On Sept. 12, warm up by dancing while we are entertained by **Bobby Shawn**... On Sept. 15, we will enjoy our monthly trip to a mall... On Sept. 19, we will hold our sub sale... Sept. 22 is the first day of autumn. You may start to see leaves changing to their beautiful fall colors... Lunch is served Monday through Friday at 12 p.m. Sign up the day before to join us for a nutritious lunch... Keep in touch for any changes or other news...

## VENETIA COMMUNITY CENTER

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

-Shawn Arent

... Hello September! Fall is a reminder that change can be beautiful. Please consider joining us on Sept. 4 for the Washington County Senior Picnic at Mingo Creek Park. Lunch at the picnic will include hamburgers, hotdogs and all the picnic trimmings. We hope to see you there... On Sept. 11, we will be back at the Center to enjoy beef tips with gravy... Come on down and enjoy our activities, lunch and camaraderie. It is always great to see you... Our doors open at 11 a.m. and lunch is served at noon... On Sept. 25, our center will be closed so that we can attend the Washington County Senior Expo at Washington Crown Center. Please consider joining us that day...

## WASHINGTON

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

-Amy Mieczkowski

... Welcome September!... On Sept. 3, join us for Senior Life Bingo with **Renee Pesto** at 12:15 p.m.... On Sept. 4, we will enjoy the Washington County Picnic at Mingo Creek Park from

## Word Search Answers from page 13

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

10 a.m. to 2 p.m.... On Sept. 17, stick around after lunch for Mental Health Bingo with **Mary Jo Hatfield**... We are participating in the Washington County Community Foundation (WCCF Gives). Please consider donating and support your senior center by Sept. 18... On Sept. 24 at 12:15 p.m., we will sit and relax watching our movie matinee 'The First Wives Club' starring **Bette Midler** and **Diane Keaton**... On Sept. 25, check out the Washington County Senior Expo at Washington Crown Center from 10 a.m. to 1:30 p.m....

Don't forget to check the schedule for **On The Move** class dates... 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, music 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....

## NOW LEASING!

## Meadow Heights 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

# WHY CHOOSE?

## EAT SMART, MOVE MORE, WEIGH LESS!

MAKE HEALTHY CHOICES ABOUT EATING AND PHYSICAL ACTIVITY

Get Informed, Empowered & Motivated!

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

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

**SOUTHWESTERN PENNSYLVANIA AREA AGENCY ON AGING**

**PDA** Pennsylvania Department of Aging





*It's time to Fall into something that makes a difference by becoming a Volunteer Ombudsman!*



*No experience needed, FREE training provided.*



VOLUNTEER  
OMBUDSMAN

*Contact us today to  
begin your journey as an*

**OMBUDSMAN!**

**1-855-450-2274**