

insider

CENTERS FOR ACTIVE ADULTS

WESTMORELAND COUNTY
AREA AGENCY ON AGING

THE LATEST NEWS FROM THE LAUREL VALLEY CENTERS FOR ACTIVE ADULTS

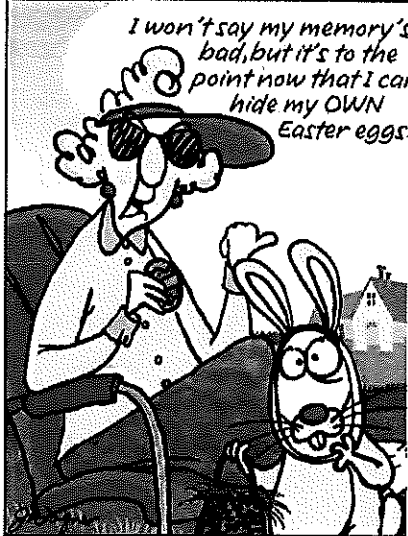
APRIL, 2019

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- Word Search
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- Lunch Menu

Crabby Road

4-24-



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Maxine.

CENTER HOURS
 New Alexandria 8-3:30
 New Florence 8-3:30
 Valley 8-3:30

APRIL LAWN & GARDEN TO-DO LIST

Lawns and gardens begin to wake up in April. Here are a few tips.

Before the last frost:

Begin post emergent weed control on lawn
 Top dress lawns and patch bare spots.
 Lawns will be soggy, so treat them gently and avoid too much traffic.
 Test soil ph. Add lime if lawn too acidic or sulfur if lawn too alkaline.

Till your garden as soon as soil is dry & crumbly.

Plant fruit trees

Grow cool-season vegetables such as lettuce, beets, radishes, peas and onions

Start seeds indoors for summer vegetables and annual herbs.

Plant perennial herbs such as rosemary, thyme and lavender.

Cleanup & maintenance:

Clean out, inspect and repair bird houses, for the spring nesting season
 Give your yard a good cleaning to eliminate hiding places for insects and critters.
 Observe your garden during the spring thaw and rains. Address any drainage problems.

Watch for hummingbirds on their journey north.

Put out plenty of food for hungry migrating birds.



SENIOR CENTERS
WESTMORELAND COUNTY
AREA AGENCY ON AGING

Volume 4

Laurel Valley Senior Citizens Corp.
 216 Ligonier Street, P O Box 366
 New Florence, Pa 15944
 Caroline D'Aurora, President
 Angie Tomer, Director
 Ph: 724 235 9303 Fax: 724 235 9821
 TDD/TTY Phone Number: 711

This project is funded, in part, by the Westmoreland County Area Agency on Aging, the Westmoreland County Board of Commissioners, the PA Department of Aging and the U.S. Administration on Aging. LVSCC is an equal opportunity provider & employer.

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 15944



PLEASE REMEMBER TO SIGN UP FOR YOUR MEALS THE WEDNESDAY BEFORE.

April 2019

SPECIAL MENU IS THURSDAY, APRIL 18.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Beef stew Tossed salad Biscuit Apple	2 Chicken marsala Tossed salad Wheat bread Parmesan noodles Pears & oranges	3 Taco salad w/meat, cheese and doritos Tossed salad Spanish rice Orange	4 Swiss steak/gravy Whipped potatoes Greens beans/carrots 12 grain bread Cake w/frosting	5 Vegetable lasagna Garlic breadstick Peaches and Strawberries	6
7	8 Meatloaf w/gravy Whipped potatoes Vegetable medley Wheat bread Orange	9 Chicken Waldorf w/ Apples & egg Tomato/cucumber salad Pickled beets Wheat roll Cookie	10 Fried steak Redskin potatoes Buttered carrots 12 grain bread Fruit salad	11 Chef salad w/egg, turkey and cheese Salad greens 12 grain bread Apple	12 Potato crusted fish Redskin potatoes Green beans Biscuit Banana	13
14 PALM SUNDAY	15 Ziti w/meat sauce Tossed salad Peas Italian bread Cookie	16 Stuffed cabbage Whipped potatoes Mixed vegetables White bread Sugar free gelatin	17 Chicken patty/bun American cheese Parsley potatoes Brussel sprouts Applesauce	18 SPECIAL MENU Ham w/pineapple sauce Whipped yams Green bean casserole Wheat roll Strawberry shortcake	19 GOOD FRIDAY CENTERS CLOSED	20
21 EASTER SUNDAY	22 Turkey & cheese BBQ bun Potato soup 3 bean salad Pineapple & oranges	23 Stuffed pepper Whipped potatoes Cauliflower Wheat bread Cake w/powder sugar	24 Pizza w/peppers, onions, mushrooms & pepperoni Tossed salad Banana	25 Chicken filet/bun Tossed salad Broccoli Ranch noodles Apple	26 Pepper steak with Tomatoes & peppers Brown rice Mixed vegetables Wheat roll Cookie	27
28	29 Veal bird/stuffing Whipped potatoes Carrots Whole wheat bread Raspberry gelatin	30 Breaded fish/bun Macaroni & cheese Stewed tomatoes Diced pears				MILK IS SERVED ON A DAILY BASIS.



Monday, April 1st
April Fool's Day



Sunday, April 14th
Palm Sunday



Friday, April 19th
Good Friday
Centers Closed



Sunday, April 21st
Easter Sunday



EASY EASTER BREAKFAST CASSEROLE

Ingredients:

- 1 (16 oz.) package breakfast sausage
- 1 chopped green onion
- 2 cups shredded cheddar cheese
- 6 eggs, lightly beaten
- 1 cup water
- 1/2 cup milk
- 1 (2.64 oz.) package gravy mix
- 6 slices bread, cut into 1 inch cubes
- 2 tablespoons melted butter
- Paprika to taste



Directions:

Preheat oven to 325 degrees. Grease an 11 x 8 inch baking dish. Brown sausage in large skillet; drain fat.

Combine sausage with green onion and spread evenly across bottom of baking dish. Top with shredded cheese. Whisk together eggs, milk, water & gravy mix; add mixture to baking dish. Arrange bread squares evenly on top. Drizzle melted butter over bread and sprinkle with paprika.

Bake 40 minutes in preheated oven, or until knife inserted comes out clean. Set aside 10 minutes before serving. Enjoy!

**CLOSING OF THE CENTERS
DUE TO BAD WEATHER
WILL BE ANNOUNCED ON
CHANNEL 4, WTAE.**



FYI

The Rivers Casino Bus Trip will be on Monday, April 22nd.

Cost is \$30.00 cash-with \$20.00 in slot play & a \$5.00 food voucher. Stop in at one of our three centers and reserve your seat before the bus fills up!



Birds

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

BUZZARD
CRANE
CROW
DUCK
EAGLE
EGRET
EMU
FALCON
FINCH
GOOSE
GROUSE
GULL
HERON
JAY
KITE

LARK
LOON
MAGPIE
MARTEN
MOCKER
MYNA
ORIOLE
OSTRICH
OWL
PEACOCK
PELICAN
PENGUIN
PHEASANT
QUAIL
RAVEN

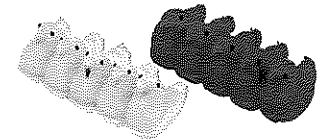
ROBIN
ROOK
SNIPE
SORA
SPARROW
STORK
SWALLOW
SWAN
TERN
THRUSH
TURKEY
WARBLER
WOODPECKER
WREN

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<http://www.thepotters.com/puzzles.html>

Direct from our Director, Angie Tomer's desk...

Some fun facts about Easter you probably didn't realize.

In the U.S., only 12 of the 50 states recognize Good Friday as a holiday. Next to Halloween, Easter is the biggest candy consuming holiday. Americans buy more than 700 million marshmallow peeps during Easter. Seventy-six percent of people eat the ears on the chocolate bunny first. The art of painting eggs is called pysanka, which originated in Ukraine. Americans consume more than 16 million jelly beans during this holiday. The Easter egg is said to symbolize and represent joy, celebration & new life. The White House of tradition of the Easter Egg roll started in 1878. No matter how old you are, Easter is a fun family tradition that never gets old. It is not only the religious holiday that marks the end of lent but represents the resurrection of Christ, too. HAPPY EASTER!



APRIL 2019

New Florence Center for Active Adults (724) 235-2800

8-Cuppa Joe
Gab Session
9-Current Events
12-Lunch
Trivia, Jolly Time
Reminisce

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Gab Session
9-Current Events
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Reminisce

Mon	Tue	Wed	Thu	Fri
1	2	3 H SOA 9-2 Trivia-12:30 Brain Fit-1	4 Bingo-10am Health tips-11:45 Trivia-12	5 Group Fit-11 Trivia-12 Brain Fit-1
8 GroupFit-11 Trivia-12:30 Brain Fit-1	9 Bingo -10 am Nutrition tips- 11:45 Trivia-12	10 Bible Study-9:45 Group Fit-11 Trivia-12:30 Brain Fit-1	11 Mike Reese Rep 9:30-12:30 Bingo-10 Jackpot Bingo-1	12 Group Fit-11 Trivia-12 Brain fit-1
15 Group Fit-11 Trivia-12:30 Brain fit-1	16 Bingo-10am Trivia-12 LV Kindergarten Easter Project-1	17 Group Fit-11 Trivia-12:30 Brain Fit-1	18 Bingo 10 am Health Tips-11:45 Birthday Babies-1	19 CLOSED Good Friday
22 Group Fit-11 Trivia-12:30 Brain Fit-1 Casino Trip	23 Bingo-10am Nutrition Tips- 11:45 Trivia-12	24 Bible Study-9:45 Group Fit-11 Trivia-12:30 Brain fit-1	25 Mike Reese Rep 9:30-12:30 Bingo-10am Com. Cerilli-12 Jackpot Bingo-1	26 Group Fit-11 Trivia-12 Brian Fit-1 Ice cream Social-1
29 Group Fit-11 Casino Trip Trivia-12:30 Brain fit-1	30 Bingo-10am Nutrition Tips 11:45 Trivia-12			

NEW FLORENCE CENTER FOR ACTIVE ADULTS

216 LIGONIER ST. NEW FLORENCE, PA 15944

Hours of Operation Monday-Friday 8:00 am to 3:30 pm

Phone 724-235-2800

Cheryl Huskey, Center Supervisor

COOKIES WITH THE COMMISSIONER

Grab a cup of coffee or tea, pick out your favorite cookie, then have a seat and join Commissioner GINA CERILLI to discuss what's new in the County, the proper disposal of unused prescriptions and some of your concerns as seniors.

See you on Tuesday, April 25th at noon!!



HEALTHY STEPS FOR OLDER ADULTS (H SOA)

FALL PREVENTION WORKSHOP

APRIL 3rd 9-2pm
724-235-2800 To Register

RIPPIE PARTY

APRIL 27th

5-7pm

Doors open at 4:30

\$5 includes admission
and food



April 3rd-Healthy Steps for Older Adults 9-2
April 10th & 24th-Bible Study 9:45
April 11th & 25th Mike Reese Rep 9:30-12:30
April 11th & 25th Jackpot Bingo 1:00
April 16th Laurel Valley Kindergarten-Easter Project-1
April 22nd Rivers Casino Trip 9:30
April 25th Commissioner Cerilli Visit 12
April 27th Rippie Party 5-7

HEALTH and WELLNESS

- Monday-group fitness
- Tuesday- Nutrition Topics
- Wednesday-Group fitness
- Thursday-Health Tips
- Friday-Group Fitness



CENTER FOR
ACTIVE ADULTS
NEW FLORENCE

Progressive Jackpot Bingo

Thursday
April 11th & 25th 1-
3pm

BINGO

New Alexandria Center -April 2019



**CENTER FOR
ACTIVE ADULTS**

NEW ALEXANDRIA

207 W. Main Street

New Alexandria,

Pa. 15670

724-668-7055

Hours of Operation

Monday-Friday

8 am—3:30 pm

Supervisor

Ms. Dale M. Rowles

Volunteer Recognition Celebration

Monday, April 29th

7-9:30am Volunteer Breakfast

Open to all Center Members

Complimentary

Must Register with Dale

10-Volunteer Certificate

Presentation

11-Volunteer Eligible Drawings

11:30-Volunteer Opportunities
& New Sign-ups


1-All **RSVP** Volunteers receive a
complimentary Jackpot Ticket
at our Progressive Bingo today.

Monday	Tuesday
1 April Fool's Day	2
9-Me, Myself & Art 10:30-AB Meeting <u>11:30-April Fools Fun</u> 12- Lunch** 1-Progress Jackpot BINGO Open to the Public	10-Table top Shuffleboard 11-Taste-it-Tuesday** National PB & J Day 12- Lunch** 1-S.A.I.L. with LINDA 2-Ladder Ball
8	9
9-Me, Myself & Art 10-Indoor Walk-A-Mile <u>11-ViaQuest BP & Screenings</u> 12- Lunch** 1-Progress Jackpot BINGO Open to the Public	10-Table top Shuffleboard 11-Taste-it-Tuesday** Licorice 12- Lunch** 1-S.A.I.L. with LINDA 2-Ladder Ball
15 Tax Day	16
9-Me, Myself & Art 10-Indoor Walk-A-Mile <u>11-Eat Smart/Live Strong</u> 12- Lunch** 1-Progress Jackpot BINGO Open to the Public	10-Table top Shuffleboard 11-Taste-it-Tuesday** Animal Cracker 12- Lunch** 1-S.A.I.L. with LINDA 2-Ladder Ball
22 Earth Day	23
9-Color My World 10-Indoor Walk-A-Mile <u>11-Eat Smart/Live Strong</u> 12- Lunch** 1-Progress Jackpot BINGO Open to the Public	10-Table top Shuffleboard 11-Taste-it-Tuesday** Garlic 12- Lunch** 1-S.A.I.L. with LINDA 2-Ladder Ball
29 Volunteer Recognition	30
<u>7-9:30 Volunteer Breakfast**</u> <u>10-Volunteer Certificates</u> <u>11-Volunteer Drawings</u> 12- Lunch** 1-Progress Jackpot BINGO Open to the Public	10-Table top Shuffleboard 11-Taste-it-Tuesday** Oatmeal Cookie 12- Lunch** 1-S.A.I.L. with LINDA 2-Ladder Ball

New Alexandria Center -April 2019

Wednesday	Thursday	Friday
3	4	5
10-Messy Play 11-Bible Study with Bryan & Rose 12- Lunch** 1-S.A.I.L. with LINDA 2-Corn Hole	9-Board Games <u>10:30-10 cent Bingo</u> <u>11:30-Meet, Greet & Treat</u> 12- Lunch** 1-S.A.I.L. with LINDA 2-Wii Sports	10-Health & Wellness 11-Family Feud 12- Lunch** 12:30 Card Club 1-Walk-a-Mile 2-Indoor Bowling
10	11	12
10-Messy Play 11-Bible Study with Bryan & Rose 12- Lunch** 1-S.A.I.L. with LINDA 2-Corn Hole	9-Board Games 10-Color My World <u>11-Prize Bingo w/Grane</u> 12- Lunch** 1-S.A.I.L. with LINDA 2-Wii Sports	10-Health & Wellness 11-Cheradds 12- Lunch** 12:30 Card Club 1-Walk-a-Mile 2-Indoor Bowling
17	18	19 Passover Begins
10-Messy Play 11-Bible Study with Bryan & Rose 12- Lunch** 1-S.A.I.L. with LINDA 2-Corn Hole	10-10 Cent Bingo <u>11-Protect Your Identity</u> 12- Lunch** 12:30 Monthly Birthday & Easter Celebration 1-S.A.I.L. with LINDA	GOOD FRIDAY CLOSED
24	25	26 National Arbor Day
10-Messy Play 11-Bible Study with Bryan & Rose 12- Lunch** 1-S.A.I.L. with LINDA 2-Corn Hole	9-Board Games 10-10 Cent Bingo <u>11-Prize Bingo w/Heritage</u> 12- Lunch** 1-S.A.I.L. with LINDA 2-Wii Sports	10-Arbor Day Fun Facts 11-Pictionary 12- Lunch** 12:30 Card Club 1-Walk-a-Mile 2-Indoor Bowling
Special/Newer Programs are in bold font. Programs marked with an **ASTRICKS require pre-registration**	Available Daily Coffee Time, Gab Fest, Puzzles, TV Game Show Time and Volunteering	Next Special Events Looking Ahead 5/4 Bingo Fundraiser 6/6 Farmer's Market Check Distribution 6/8 Bingo Fundraiser 6/22 Town Wide Yard Sale

**VALLEY CENTER FOR ACTIVE ADULTS
WEEKLY EVENTS CALENDAR—APRIL, 2019**

Mon	Tue	Wed	Thu	Fri	
1 8:30-Puzzles 9—H&R Block Taxes (by appt) 10-Sr. Fitness 10:30-Tai Chi Class 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-Brain Games 1-Billiards 2-Cornhole Game	2 8:30-Puzzles 9—Cornhole Game 10-Mah Jong 11:45-Nutrition, Gab Fest, Trivia, Daily Laugh Noon-Lunch 12:30—Blood Pressure Check 1-Chair Yoga 1—Cornhole Game	3 8:30-Puzzles 9:30-Uke Practice 11—Meditation Class 11:30—Cookies & Coffee with Commissioner Gina Cerilli 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-Bingo	4 8:30-Puzzles 9—Cornhole Game 10-Sr. Fitness 11:45-Gab Fest, Trivia, Daily Laugh, To Your Health Noon-Lunch 1-Chair Yoga (GAW) 1-Card Club / Mexican Train	5 8:30-Puzzles 9-Shuffleboard 11:30-Weekly News Review Gab Fest, Trivia, Daily Laugh Noon-Lunch 1—Friday Afternoon at the Movies ** 1-Cornhole Game	
8 8:30-Puzzles 9—H&R Block Taxes (by appt) 10-Sr. Fitness 10:30-Tai Chi Class 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 12:30—Massage Therapy (by appt) 1-Brain Games 1-Billiards 2-Cornhole Game	9 8:30-Puzzles 9—Cornhole Game 10-Mah Jong 11:45-Nutrition, Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-Chair Yoga 1—Cornhole Game 2—Creative Writers Group	10 8:30-Puzzles 9:30-Uke Practice 11—Meditation Class 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-Bingo 1—Card Club	11 8:30-Puzzles 9—Cornhole Game 10-Sr. Fitness 10:30—Penn State—Eating Well 11:45-Gab Fest, Trivia, Daily Laugh, To Your Health Noon-Lunch 1-Chair Yoga (GAW) 1-Card Club 1—Advisory Board 1—Kim Shaffer—State Issues	12 8:30-Puzzles 9-Shuffleboard 9:30—Uke Class 11:30-Weekly News Review 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch, 1-Storytellers Circle	13 Bingo—1 pm, Doors open at 12:00. \$20/packet, Food Available to Purchase
15 8:30-Puzzles 9—H&R Block Taxes (by appt) 10-Sr. Fitness 10:30-Tai Chi Class 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-Brain Games 1-Billiards 2-Cornhole Game	16 8:30-Puzzles 9—Cornhole Game 10-Mah Jong 11:45-Nutrition, Gab Fest, Trivia, Daily Laugh Noon-Lunch 12:30—Blood Pressure Check 1-Chair Yoga 1—Cornhole Game	17 8:30-Puzzles 9:30-Uke Practice 11—Meditation Class 11:15—Presentation—Identity Theft 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-Bingo	18 8:30-Puzzles 9—Cornhole Game 10-Sr. Fitness 10:30—Penn State—Eating Well 11:45-Gab Fest, Trivia, Daily Laugh, To Your Health Noon-Lunch, Birthday Celebration 1-Chair Yoga (GAW)	19 GOOD FRIDAY CENTERS CLOSED 	
22 8:30-Puzzles 9—H&R Block Taxes (by appt) 10-Sr. Fitness 10:30-Tai Chi Class 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 12:30—Massage Therapy (by appt) 1-Brain Games 2-Cornhole Game	23 8:30-Puzzles 9—Cornhole Game 10-Mah Jong 11:45-Nutrition, Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-Chair Yoga 1—Cornhole Game	24 8:30-Puzzles 9:30-Uke Practice 11—Meditation Class 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-Bingo	25 9—Cornhole Game 10-Sr. Fitness 10:30—Penn State—Eating Well 11:45-Gab Fest, Trivia, Daily Laugh, To Your Health, Noon-Lunch 1-Chair Yoga (GAW) 1-Card Club / Mexican Train 1—Kim Shaffer—State Issues	26 8:30-Puzzles 9-Shuffleboard 9:30—Uke Class 11:00—Open Mic 11:30-Weekly News Review 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 1—Friday Afternoon at the Movies +	
29 8:30-Puzzles 9—H&R Block Taxes (by appt) 10-Sr. Fitness 10:30-Tai Chi Class 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-Brain Games 1-Billiards 2-Cornhole Game	30 8:30-Puzzles 9—Healthy Steps for Older Adults (Pre-Register at the Center) 10-Mah Jong 11:45-Nutrition, Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-Chair Yoga 1—Cornhole Game	Movies ** April 5—"Won't You Be My Neighbor?" + April 26—"Stannen Joyu" (Millenium Actress)	Artists Showings Art Show featuring the Quilts, Rugs and More of Jim Mikula starting March 25th through April 19th. Artists Reception March 25—2 pm The Oil Paintings of Mary Ellen Meyn on display starting April 29th through May 24th. Artists Reception April 29th—2 pm.	MT. PLAYHOUSE SCHEDULE Friday, June 28, 2019 Friday, July 19, 2019 Friday, August 2, 2019 Friday, August 16, 2019 Friday, September 20, 2019 Friday, October 4, 2019	