

welcome
Opportunity

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.

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

Volume 4

WESTMORELAND COUNTY
AREA AGENCY ON AGING



CENTERS FOR
ACTIVE ADULTS
WESTMORELAND COUNTY
AREA AGENCY ON AGING

THE LATEST NEWS FROM THE LAUREL VALLEY CENTERS FOR ACTIVE ADULTS

APRIL, 2020

insider

REVERSIBLE MEMORY LOSS

According to the Mayo Clinic, many medical problems can cause memory loss or other dementia-like symptoms. Many of these conditions can be treated. Your doctor can screen you for conditions that cause reversible memory loss.

Possible causes of reversible memory loss:
Medications. Certain medications or combination of medications can cause forgetfulness or confusion.

Minor head injury. A head injury from a fall or accident-even if you don't lost consciousness-can cause memory problems.

Emotional disorders. Stress, anxiety or depression can cause forgetfulness, confusion, difficulty concentrating and other Problems that disrupt daily activities.

Alcoholism. Chronic alcoholism can seriously impair mental abilities. Alcohol can also cause memory loss by interacting with medications.

Vitamin B-12 deficiency. Vitamin B-1 helps maintain healthy nerve cells and red blood cells. A vitamin B-12 deficiency-common in older adults-can cause memory problems.

Hypothyroidism. An underactive thyroid gland (hypothyroidism) can result in forgetfulness and other thinking problems.



IN THIS ISSUE

- Word Search
- Direct from the Director's Desk
- Easy Bacon and Cheese Quiche
- Lunch Menu

Crabby Road

4-24-1



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CENTER HOURS

New Alexandria 8-3:30
New Florence 8-3:30
Valley 8-3:30
Monday-Friday

NON-PROFIT
US POSTAGE PAID
PERMIT NO. 9
NEW FLORENCE, PA
15944



IMPORTANT DATES IN HISTORY

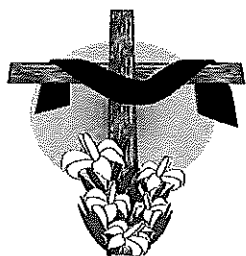
Wednesday, April 1
April-Fools Day



Friday, April 10
Good Friday
CENTERS CLOSED



Sunday, April 12th
Easter



EASY BACON AND CHEESE QUICHE

Ingredients:

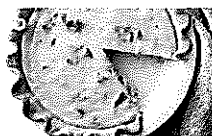
- 1 refrigerated pie crust softened as directed on box
- 1 cp half and half or milk
- 4 eggs, beaten
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 8 slices bacon, crisply cooked, crumbles
- 1 cup shredded Swiss or Cheddar cheese
- 1/4 cup grated Parmesan cheese
- 1 tablespoon chopped onion, optional

Directions:

Heat oven to 350 degrees. Place pie crust in 9 inch glass pie plate as directed on box for One-Crust Filled Pie.

In medium bowl, mix half & half, eggs, salt and pepper; set aside. Layer bacon, cheeses and onion in crust-lined plate. Pour egg mixture over top.

Bake 40 to 50 minutes or until knife inserted in center comes out clean. Let stand 5 minutes; cut into wedges.



Jesus said to him, "I am the way, and the truth, and the life. No one comes to the Father except through me."
-John 14:6

FYI

The Rivers Casino Bus Trip will be on Monday, April 27th. Cost is \$30.00 cash-with \$25.00 back in slot play.

Stop in at one of our three centers and reserve your seat before the bus fills up!



Birds

P	K	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	O	A	U	C	U	L
E	C	X	R	G	R	O	N	C	T	H	D	Y	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's desk Supporting LVSCC...

The corporation is all the employees of the three centers-New Alexandria Senior Center, New Florence Senior Center and Valley Center. Because the corporation has expenses, there is always a need for fundraising. When center participants complain that they shouldn't have to help the corporation, who do they think they are helping. The corporation pays for many expenses including keeping the centers up to date and running on a daily basis. Without the corporation, there would be no centers. So, the next time there is a corporate fundraiser, don't turn your back...step up and help!



APRIL 2020

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

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

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

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Reminisce

Mon	Tue	Wed	Thu	Fri
		1 Group Fit-11 Trivia-12 Corn hole-1	2 Bingo-10 Health tip-11:45 Trivia-12	3 Group fit-11 Trivia-12 Brain Fit-1 Ice Cream Social-1
6 Group fit-11 Trivia-12 Card Party-1	7 Easter Bingo-10 Trivia-12 Penn State Nut. Edu.-12:30pm	8 Bible study-9:45 Group fit-11 Trivia-12 Corn hole-1	9 Mike Reese Rep. 9:30-12:30 Bingo-10 Nutrition EDU-12 Jackpot bingo-1	10 Group fit-11 Trivia-12 Brain Fit-1 Ice Cream Social-1
13 Group fit-11 Trivia-12 Card Party-1	14 Bingo-10am Trivia-12 Penn State Nut. Edu.-12:30	15 Group fit-11 Trivia-12 Corn hole-1	16 Bingo 10 am Health Tips-11:45 Caption Call-12 Birthday babies-1	17 Group fit-11 Trivia-12 Brain Fit-1 Ice Cream Social-1
20 Group fit-11 Trivia-12 Card Party-1	21 Bingo-10am Trivia-12 Penn State Nut. Edu.-12:30	22 Bible study-9:45 Group fit-11 Trivia-12 Corn hole-1	23 Mike Reese Rep- 9:30-12:30 Bingo-10am Health Tips-11:45 Jackpot bingo-1	24 Group Fit-11 Trivia-12 Brain Fit-1 Ice Cream Social-1
27 Group Fit-11 Trivia-12 Card Party-1 Casino trip	28 Bingo-10am Nutrition tips-11:45 Afternoon Snack Pumpkin Spice Latte Pie-1	29 Group Fit-11 Trivia-12 Corn Hole-1	30 Bingo-10 Health tips-11:45 Trivia-12	



Apr. 7- Easter Bingo Party-10am
Apr. 7,14 &21-Penn State Ext. Nutrition Education
Apr. 8 & 22- Bible Study-9:45am
Apr. 9 & 23- Jackpot Bingo 1-3pm
Apr. 9 & 23- Mike Reese Rep. 9:30-12:30pm
Apr. 16-Caption Call-12pm
Apr. 16-Birthday Babies-1:00pm
Apr. 27-Rivers Casino trip

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

PENN STATE EXTENSION

EAT HEALTHY BE ACTIVE

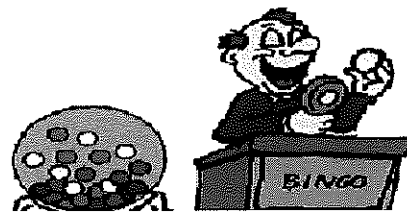
Classes Tuesdays @ 12:30

April 7th, 14th, 21st May 5th, 12th

1. Enjoy Healthy Food Choices That Taste Great
2. Quick, Healthy Meals and Snacks
3. Eating Healthy on a Budget
4. Tips for Losing Weight and Keeping it Off
5. Making Healthy Eating Part of Your Lifestyle and Physical Activity is key to Living Well

EASTER BINGO PARTY

April 7th 10-12pm
Fun, Food, Prizes
Come join us!!

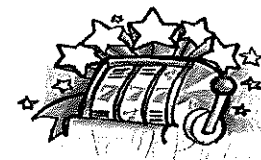


RIVERS

CASINO

TRIP

APRIL 27th



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
Apr. 9 & 23
1-3 P.M.

BINGO

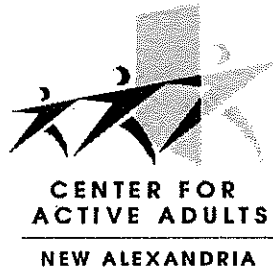
REMEMBER TO SIGN
UP FOR YOUR MEALS
THE WEDNESDAY
BEFORE.

April 2020

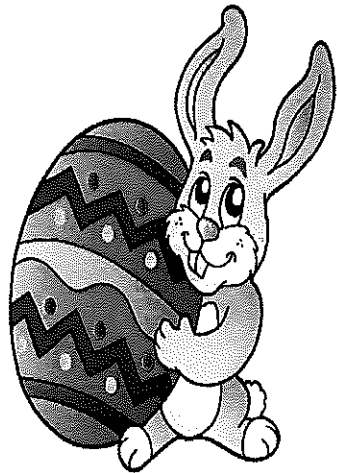
SPECIAL MENU
IS THURSDAY,
APRIL 9.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<p>1 Taco salad with beef, cheese & chips Tossed salad Spanish rice Salsa Orange</p>	<p>2 Swiss steak with onions & mushrooms Whipped potatoes Green beans/carrots 12 grain bread Cake w/frosting</p>	<p>3 Vegetable lasagna Tomatoes & xucchini Garlic breadstick Mixed fruit</p>	4
5	<p>6 Ziti/meat sauce Tossed salad Peas Italian bread Cookie</p>	<p>7 Stuffed cabbage Whipped potatoes Mixed vegetables White bread Sugar free gelatin</p>	<p>8 Chicken patty/bun American cheese Parsley potatoes Brussel sprouts Applesauce</p>	<p>9 SPECIAL MENU Ham slice w/pineapple Whipped yams Green bean casserole Wheat roll Strawberry shortcake</p>	<p>10 CENTERS CLOSED FOR GOOD FRIDAY</p>	11
12	<p>13 Meatloaf/gravy Whipped potatoes Vegetable medley Wheat bread Orange</p>	<p>14 Chicken Waldorf Diced apples, egg Dressing Pickled beets Wheat roll Cookie</p>	<p>15 Stuffed pepper Whipped potatoes Cauliflower Wheat bread Cake w/powerd Sugar dusting</p>	<p>16 Chef salad with Turkey, cheese, egg Lettuce, cucumbers & tomato 12 grain bread Apple</p>	<p>17 Pizza w/peppers, onions, mushrooms & pepperoni Tossed salad Banana</p>	18
19	<p>20 Turkey & cheese BBQ bun Potato soup Three bean salad Mixed fruit</p>	<p>21 Pizza w/peppers, onions, mushrooms & pepperoni Tossed salad Banana</p>	<p>22 Fried steak Diced potatoes Buttered carrots 12 grain bread Fresh fruit salad</p>	<p>23 Chicken filet/bun Tossed salad Broccoli Ranch noodles Apple</p>	<p>24 Pepper steak w/ peppers & onions Brown rice Wheat roll Mixed vegetables Cookie</p>	25
26	<p>27 Beef patty/stuffing Whipped potatoes Carrots Wheat bread Raspberry gelatin</p>	<p>28 Breaded fish/ Macaroni & cheese Stewed tomatoes Diced pairs</p>	<p>29 Beef w/provolone cheese 2 slices bread Cole slaw Tater tots Orange</p>	<p>30 Chicken stew White rice Biscuit Beets Cantaloupe</p>		<p>MILK SERVED ON A DAILY BASIS</p>

APRIL 2020 New Alexandria Center



207 W. Main Street
New Alexandria,
Pa. 15670
724-668-7055
Hours of Operation
Monday-Friday
8 am—3:30 pm



Monday	Tuesday
6	10
9-Current Events 10- Gab Session 11- Puzzle Time 12- Lunch** 1-3 BINGO Open to the Public	9- Learn something new 10- Checkers & Chess 11- Free Play 12- Lunch ** 1- 2 SAIL
13	17
10-Advisory Council Meeting 11-ViaQuest Health Check 12- LUNCH***** 1-3 BINGO Open to the Public	9-Coffee and Gab 10- St. Patty's Day Celebration 12- LUNCH** 1-2 SAIL 2-3 Puzzle Time
20	24
9-10 Coffee And Gab 10-11 Color My World 11- 12 Current Events 12- Lunch** 1-3 BINGO Open to the Public	10-11 Learn Something New 11-12 Open Discussion 12- LUNCH***** 1-2 SAIL 2-3 Puzzle Time
27	28
10-11 Coffee and Gab 11-12 Puzzle's 12- LUNCH***** 1-3 BINGO OPEN TO THE PUBLIC	10-11 Coffee and Gab 11-12 Participants Pick 12- LUNCH***** 1-2 SAIL 2-3 Puzzle Time

Wednesday	Thursday	Friday
1	2	3
10. Coffee and Gab 11- Bible Study 12- Lunch ** 1-2 SAIL 2-3 Puzzle Time	9-10 Coffee and Gab 10-11 Puzzle's 11.- 12 10 Cent Bingo 12- Lunch 1- 2 SAIL 2-3 Puzzle time	10-11 Easter Bunny Wreaths 12- Lunch** 12:30 Card Club
11	12	13
10-Fun Facts 11-Bible Study with Bryan & Rose 12- Lunch** 1- 2 SAIL 2-3 Puzzle Time	9- Gab Session and Coffee 10-11 Puzzle's 11-12 10 Cent Bingo 12- Lunch** 1- 2 SAIL 2-3 Puzzle Time	10-Current Events 11- Gab Session 12- Lunch** 12:30 Card Club
18	19	20
10-Coffee and Gab 11-Bible Study with Bryan & Rose 12- Lunch** 1-2 SAIL 2-3 Puzzle Time	10-11 Current Events 11-12 Harmon House Bingo 12- LUNCH**** 12:30 Monthly Birthday Celebration 1-2 SAIL 2-3 Puzzle Time	10- Trivia 11-WordSmithery 12- Lunch** 12:30 Card Club
25	26	27
10-Coffee and Gab 11-Bible Study with Bryan & Rose 12- Lunch** 1- 2 SAIL 2-3 Puzzle Time	9-Gab Session 11-12 10 Cent Bingo 12- Lunch** 1-2 SAIL 2-3 Puzzle Time	9-Gab Session 10- Puzzle time 12- Lunch** 12:30 Card Club
29	30	****ATTENTION** ***
		SATURDAY APRIL 18 BINGO 1-3***** OPEN TO THE PUBLIC ** Selections with a asterisks require pre-registration



VALLEY CENTER FOR ACTIVE ADULTS

135 Kalassay Drive
Ligonier, PA 15658
724-238-7942

Email: supervisor@valleylig.net

IF THE CENTER IS CLOSED—ALL ACTIVITIES ARE CANCELLED

RIVERS CASINO TRIPS

April 27
May 18
June 22
July 27
August 24
September 28
October 26
November 23
December 28

APRIL SPECIAL MENU— Thursday April 9—
Ham, Whipped Yams, Green Bean Casserole and
Strawberry Shortcake. Last day to make a lunch
reservation is Tuesday, March 24, 2020.

Friday Afternoon at the Movies—1 pm
April 3 —"The Last Sin Eater" - Drama — Mi-
chael Landon, Jr 2007
April 24 —"Footlight Parade" - Black and White
Musical—James Cagney, Joan Blondell, 1933

Cost is \$30 with \$25 back in
slot play. Pickup in Ligo-
nier at 10:30 at Fairfield &
Rt. 30. Leaves Pittsburgh at
7 pm.



**April Birthday
Celebration** will be held
on Thursday, April 16th at
lunch. Cupcakes compli-
ments of
Commercial Bank

Tai Chi for Arthritis, continues every Monday.
This is a free class sponsored by the Department of
Aging. The next 10 week session will be announced
at a later date.

April Special Desserts— Pumpkin Spice Latte
Pie—April 28, 2 pm

The Center will be closed on Friday, April 10th for
Good Friday. Happy Easter!



THIS A'NAT CLUB (Pittsburghese for **AND
THAT**) Meets on the 2 & 3 Friday's at 1 pm. This
is a club about nothing, no agenda, no topic, no rules,
no dues, only senseless talk!

Real I.D. Ready?

A representative from Kim Ward's office will be at the
Center to discuss the Real I.D. Date—to be announced
later. Please plan to be here to get all the facts.

April Important Dates— 1-April Fools' Day, 2-Peanut Butter & Jelly Day, 3-World
Party Day, 5-Palm Sunday, 6-Sorry Charlie Day, 8-Passover Begins, 9-Holy Thursday,
Unicorn Day, 10-Good Friday, 12-Easter, 15-Tax Day, 16-Passover Ends, 18-Pinata
Day, 20-Look alike Day, 22-Earth Day, Administrative Professionals Day, 23-Take
Daughters & Sons to Work Day, 24-Arbor Day, 28-Superhero Day, Primary Election
Day

April, 2020

n	Tue	Wed	Thu	Fri
		1 8:30-Puzzles 9:30-Uke Prac- tice 11—Meditation Class 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 1—Bingo	2 8:30-Puzzles 9—Bible Study 10-Sr. Fitness 11:45-Gab Fest, Trivia, Daily Laugh To Your Health Noon-Lunch 1-Chair Yoga, Card Club, Mexican Train	3 8:30-Puzzles 9-Shuffleboard 11—Movement & Meditation 11:30-Weekly News Review Gab Fest, Trivia, Daily Laugh Noon-Lunch 1—Friday After- noon Movie 1—Mah Jong
6 8:30-Puzzles 10-Sr. Fitness 10:30-Tai Chi Class 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-Brain Games 1-Billardrs, 1—Cornhole	7 8:30-Puzzles 9—Cornhole Game 10-Mah Jong 11:45-Nutrition, Gab Fest, Trivia, Daily Laugh Noon-Lunch 12:30—BP Check 1-Chair Yoga	8 8:30-Puzzles 9:30-Uke Prac- tice 11—Meditation Class 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 1—Bingo	9 8:30-Puzzles 9—Bible Study 11:45-Gab Fest, Trivia, Daily Laugh To Your Health Noon-Lunch 1-Chair Yoga, Card Club, Mexican Train Advisory Board Kim Shaffer	10 CENTER CLOSED GOOD FRIDAY
13 8:30-Puzzles 10-Sr. Fitness 10:30-Tai Chi Class 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 12:30-Massage Therapy 1-Brain Games 1-Billardrs	14 8:30-Puzzles 9—Cornhole Game 10-Mah Jong 11:45-Nutrition, Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-Chair Yoga	15 8:30-Puzzles 9:30-Uke Prac- tice 11—Meditation Class 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 1—Bingo	16 8:30-Puzzles 9—Bible Study 10-Sr. Fitness 11:45-Gab Fest, Trivia, Daily Laugh, Birth- days To Your Health Noon-Lunch 1-Chair Yoga, Card Club, Mexican Train	17 8:30-Puzzles 9-Shuffleboard 11—Movement & Meditation 11:30-Weekly News Review Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-This A'Nat Club 1—Mah Jong
20 8:30-Puzzles 10-Sr. Fitness 10:30-Tai Chi Class 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 12:30-Massage Therapy 1-Brain Games 1-Billardrs, 1—Cornhole	21 8:30-Puzzles 9—Cornhole Game 10-Mah Jong 11:45-Nutrition, Gab Fest, Trivia, Daily Laugh Noon-Lunch 12:30—BP Check 1-Chair Yoga	22 8:30-Puzzles 9:30-Uke Prac- tice 11—Meditation Class 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 1—Bingo	23 8:30-Puzzles 9—Bible Study 10-Sr. Fitness 11:45-Gab Fest, Trivia, Daily Laugh To Your Health Noon-Lunch 1-Chair Yoga, Card Club, Mexican Train Kim Shaffer	24 8:30-Puzzles 9-Shuffleboard 11—Movement & Meditation 11:30-Weekly News Review Gab Fest, Trivia, Daily Laugh Noon-Lunch 1—Friday After- noon Movie 1—Mah Jong
27 8:30-Puzzles 10-Sr. Fitness 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 12:30-Massage Therapy 1-Brain Games 1-Billardrs, 1—Cornhole	28 8:30-Puzzles 9—Cornhole Game 10-Mah Jong 11:45-Nutrition, Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-Chair Yoga 2-Special Dessert	29 8:30-Puzzles 9:30-Uke Prac- tice 11—Meditation Class 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 1—Bingo	30 8:30-Puzzles 9—Bible Study 10-Sr. Fitness 11:15— Dementia Overview 11:45-Gab Fest, Trivia, Daily Laugh To Your Health Noon-Lunch 1-Chair Yoga, Card Club,	