

AUGUST LUNCH MENU – SERVED AT NOON

Reminder: To be served lunch you must preregister by Wednesday of the prior week. Lunch is a \$3.97 charge for those 59 years of age and below, or a suggested \$2.00 donation for those age 60 & above. Lunch includes a milk & grain item (bread, roll, biscuit, or cracker).

Mon	01	Roast Beef Sandwich, Corn Chowder, Orange
Tue	02	Cabbage Roll, Garlic Whipped Potatoes, Carrots, Cookie
Wed	03	Salisbury Steak, Baked Potato, Broccoli, Gelatin
Thur	04	Cheeseburger w/ Garnish, Cheesy Potatoes, Pineapple
Fri	05	Roasted Turkey, Mashed Potatoes, Corn, Apple
Mon	08	Roast Pork 'n Apples, Chive Potatoes, Mixed Veg, Pear
Tue	09	Cheeseburger w/ Garnish, Potato Soup, Banana
Wed	10	Fiesta Chicken 'n Salsa, Cilantro Rice, Mandarin Oranges
Thur	11	Beef Stroganoff, Peas, Noodles, Orange
Fri	12	Pineapple Glazed Meatballs, Broccoli, Sweet Potato, Pear
Mon	15	Meatball Hoagie, Green Beans, Parm Noodle, Cantaloupe
Tue	16	Honey Garlic Pork, Cauliflower, Apples, Rice Pilaf, Cookie
Wed	17	Stuffed Pepper, Garlic Whipped Potato, Carrots, Banana
Thur	18	Chef Salad, Veggie Barley Soup, Peach Crumble
Fri	19	Roast Beef, Scallop Potatoes, Peas 'n Onions, Orange
Mon	22	Pork 'n Raisin Sauce, Peas, Sweet Potatoes, Gelatin
Tue	23	Sweet & Sour Chicken, Broccoli & Cauliflower, Rice, Fruit
Wed	24	Cheeseburger w/ Garnish, Potato Soup, Banana
Thur	25	Pizza Casserole, Toss Salad, Green Beans, Applesauce
Fri	26	Tuna Salad Sandwich, Bean Soup, Orange
Mon	29	Chicken 'n Biscuit, Mixed Veggies, Orange, Cookie
Tue	30	BBQ Pork Rib, Green Beans, Sweet Tator Bite, Pineapple
Wed	31	Meatloaf 'n Gravy, Baked Potato, Beets, Apple

Activities offered throughout the year include: Bible Study, Billiards, Craft Room, Evidence Based Exercise Programs, Lending Library, Live Music (including Dine and Dance, Lunch and a Show, Birthday Parties, Cash Bashes, and more), Lunch, Nutrition Information, Playing Cards, Ping Pong, Piano, Puzzles (jigsaw, word search, and crossword), Reading Room (private room for quiet reflection), Scrabble, Socialization, Trivia, Wii Sports, and more! Join us weekdays from 8:00am-3:30pm! See you soon!

What's New at the West Newton Center for Active Adults

NEWSLETTER – AUGUST 2022



The West Newton Center for Active Adults is a community center for active older Americans ages 50 and above. The center is open weekdays from 8:00 AM to 3:30 PM and is supported by Westmoreland County Area Agency on Aging, The Nutrition Group, and community volunteers. Membership to the center is free. Lunch is served daily at noon. The cost of lunch is a \$2.00 donation for those 60 years and above, or \$3.97 charge for those 59 years or below. Reservations for lunch must be made by Wednesday of the prior week. Visit us online at: <https://wncaa.square.site>

103 East Main Street | West Newton, PA 15089
(724) 872-4976 | westnewtonctr@thenutritiongroup.biz

Inclement weather? Watch WTAE for center closings.

Live Music Shows

Reservations Required

Lunch & Show featuring ★ P.E. James ★

Classic Hits
from the 20's
to the 70's



Show Tickets
\$5.00 each
(plus lunch)

Tuesday August 30th – Lunch at Noon

Limited Seating! Lunch includes boneless BBQ pork ribs, green beans, sweet potato bites, pineapple delight, and a milk. Lunch is a \$2.00 donation for those age 60 & up, or \$3.97 for those age 59 & under. Call (724)872-4976 before August 24th to reserve a seat

Dine & Dance

Featuring:
Mikey Dee



Polka, Waltz
and MORE

Join us Monday August 08th for lunch (donations made at the center) and a free dance music hour with Mikey Dee. Lunch includes roasted pork 'n apples, whipped chive potatoes, veggies, biscuit, pears, and milk. Standard lunch rates apply.

Tickets are free but a reservation is required by 08/03/2022

Please call (724) 872-4976 for your show ticket!

Activities



Community
Outreach



★ **Wednesday August 10th 10:00 AM (Blood Pressure)**

Join Lucinda (Senior Life Greensburg) for free blood pressure checks.

★ **Wednesday August 10th 11:00 AM (Dept of Health)**

Join Shawn Baer for a discussion on vaccines from the PA Dept of Health. Have your questions answered by a department specialist.

★ **Friday August 12th 10:00 AM (Board Meeting)**

Public Board Meeting the second Friday monthly. All are welcome.

★ **Monday August 15th 12:30 PM (Knit/Crochet Social Hour)**

Join Lisa for a knitting/crocheting social hour. Whether you're a beginner or expert, grab your needles, yarn, and enjoy the company.

Labor Day Raffle Fundraiser

09-05-2022



Donate \$5.00 & receive a ticket
with 5 chances to win \$555.00
on Monday September 05, 2022



One Ticket ★ Five Numbers ★ Five Dollars

The winning number is based on the Pennsylvania Lottery 'Pick-3' at 7:00pm on 09/05/2022. Only 200 tickets will be sold (that is a 1 in 200 chance of winning \$555.00). The more tickets you buy the greater your odds of winning. All proceeds benefit the West Newton Center for Active Adults

Health & Wellness

Bingocize

Tuesdays from 12:30 PM - 1:30 PM and Wednesdays from 11:00 AM - 12:00 PM. Join us at the West Newton Center for Active Adults Tuesdays and Wednesdays, for a free evidence-based health program that integrates exercise and health education with the game of BINGO! Free prizes included! Join the fun. BINGO!!!

Tai Chi for Arthritis

Wednesdays from 2:15 PM to 3:15 PM. Tai Chi is a free, evidence-based, program on strength & flexibility. Whether you prefer to stand or sit, this exercise program is designed to fit everyone. Walk-ins are welcome! Join us for this relaxing program and become a more balanced person.

Zumba – Saturday Exercise Class

Gyda's Zumba class is a cardio fitness program designed for all, whether you are a beginner or an expert. Join our instructor Gyda each Saturday from 9:30-10:30am at the West Newton Center for Active Adults. The cost is \$6.00 per person.

Please contact Gyda to sign up for Zumba - (412) 558-4992

Classy Cuts Plus

(724) 420-6442

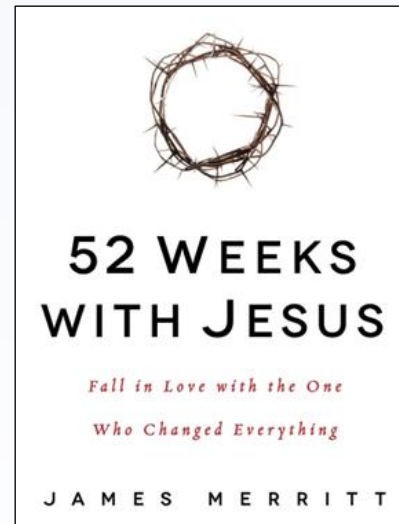
Wendy offers men's & women's cuts, perms, color, highlights, manicure, wax, polish, & more!



Series Event

Advance Booking Required

52 Weeks with Jesus



Join Susan McMichael, from the First Church of God, for a special series Bible Study at the West Newton Senior Center Tuesday's starting September 13th, and "Fall in Love with the One Who Changed Everything" including the book and study guide of Dr. James Merritt, a Senior Pastor at Cross Pointe Church in Duluth, Georgia

In 52 Weeks with Jesus, pastor James Merritt leads you on a transformative journey as he shares what he's learned over a lifetime of studying Jesus' life and ministry. As you join Dr. Merritt in his exploration of the Gospels, you will encounter Jesus in new and surprising ways and be inspired anew to embrace His invitation, "Come, follow Me."

This is a free bible study open to all members. Membership is free. Books and study guides are limited. Advanced booking is required to ensure materials are available starting 09/13/2022.

Call (724) 872-4976 to reserve your book & study guide.

Technology Class



Free Mobile Device Learning Sessions



The West Newton Center for Active Adults (Senior Center) is hosting monthly technology classes for active Seniors to learn more about their phones & tablets.

The Private Industry Council (PIC) presents free mobile device learning classes with a Q&A session every month for anyone interested in learning about their mobile devices (Apple or Android). Walk-ins are welcome but classes participation (Q&A) is limited to 15 people. **Classes are held from 10:30 AM to 12:00 PM on the following dates:**

- Aug 11th..... Smart Phones Part 2
- Aug 18th..... Technology Q&A (Bring your own questions!)
- Sept 22nd..... Intro to Laptops & Computers
- Oct 20th..... 'The Cloud' (What it is & how it's used)
- Nov 17th..... Technology Q&A (Bring your own questions!)

Seating is on a first come basis. Anyone interested in staying for lunch must call ahead and register by Wednesday prior to the date.

Join us each month for this limited program!!!

Activities

HAPPY BIRTHDAY

MONTHLY BIRTHDAY PARTY with LIVE MUSIC!

Friday 08/26/2022 • Show starts at 11:00 AM

We celebrate everyone's birthday for the month on the fourth Friday. Festivities include a free music hour featuring Mark Davis at 11:00 AM, followed by lunch at noon (*donations made at the center*), the spinning of the birthday wheel, cupcakes (*from Commercial Bank and provided by Gary's Gingerbread House*), and more! **Call to reserve your lunch by Wednesday August 17th! (724) 872-4976**

CENTER **BINGO** GAMES

The center plays bingo twice weekly, details below!
Jackpot Bingo: Tuesdays from 11:00AM-11:45AM. Cost is \$1.00 per game. Progressive-number jackpot between \$25/\$50/\$75 based on attendance (or a \$10.00 consolation).
Nickel Bingo: Wednesdays from 12:30PM-2:30PM. Cost is \$0.05 a card (per game). Prize's average \$2.00-\$3.00 per game.
Grocery Bingo: Once a month on the third Tuesday from 12:30PM-2:30PM. Grocery Bingo is a free-to-play activity. Prizes include bags of shelf stable grocery items. Join us! (The center also accepts free grocery donations. Donate today!)