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Newsletter Update

Thank you to those who have agreed to access *The Voice of Experience* online! We will be sending you this July issue via email along with a hard copy as a test to see if we have any email addresses bouncing back.

We will work out any bugs in the system to help ensure that you are receiving your monthly news to keep you updated on the happenings at our centers and Experience, Inc., our Area Agency on Aging!

For those of you who do not have access to a computer or just choose to continue to receive our newsletter via the post office, you will be seeing a condensed version, as we have mentioned in previous articles.

The new format that will be mailed will be a 4 page edition of the larger online newsletter. It will contain a complete calendar of events and menu.

We appreciate your cooperation with helping to save the agency funds. As budgets get tighter and tighter we are always looking for ways to trim our budget and still bring quality programs to all of you!

If you have not called to give us your email address and would like to access our newsletter online, please call us (723-3237).

The ACC is now open from: 8:30 AM—4:00 PM Monday through Thursday

NEW! BRAIN GAMES!!! - Join us the **second Wednesday of every month at 11- 11:45 am**. Lead by Kinzua Healthcare & Rehabilitation Center manager Megan Sevick, Brain Games will offer fun and challenging games to strengthen brain health and cognition. Light snacks provided!

MAH-JONGG – Fascinating rummy-like game played with tiles instead of cards. Originating in China, the game dates back to the time of Confucius. Come learn how to play on **Wednesdays at 1 pm**. Open to the public.

BIRTHDAY MONTH CELEBRATION - 1st Thursday of every month at noon. Enjoy a slice of birthday cake and celebrate with those who have a birthday this month. Cake is compliments of Warren Manor.

TRIP TO THE FROSTY CHALET - July 5th at 12:30. Leave from TAWC bus. It's July - it's hot - let's go get ice cream!

OUT AND ABOUT- July 20th, to Docksiders we go. Off to enjoy our own back yard at the Docksiders! Weather permitting we will be out on deck, if not, we will be inside. Either way, it is a beautiful setting for a great meal and good conversation with friends. Sign up at the receptionists office or call 723-3237 for your reservation. TAWC will pick you up at your home or at ACC. Bus leaves ACC at 4:00.

MAKE IT BAKE IT ! Monday, July 17th at 11:00 am in the dining room. Let's get cooking healthy. June we celebrated the fresh fruit in our area with a strawberry dessert. Come check out what we have for July !

GEOLOGICAL Presentation - Wednesday July 24th at 12:30. Tom Kollar will be here to present a series about our planet, very interesting and informative.

WARREN CHRISTIAN WOMEN'S CONNECTION- You are invited to attend the luncheon/meeting of the Warren Christian Women's Connection held in the dining room of the Allegheny Community Center on July 11th at noon. Your reservation for this lunch must be made by calling Lee Jones at 723-5952 by July 6th. Guest Speaker : Susan Updike from Johnstown, PA will speak on "Outa Control" summer." A Summer to Remember. Music by Virginia Lozeaux.

POOL - Mondays & Wednesdays at 9:30 am. It's a good place to test your skills!

BLOOD PRESSURE TEST — 10 to 11 am every Monday morning!

STAYING HYDRATED IN THE SUMMER IS IMPORTANT

Here are some simple ways to make fueling up with fluid throughout the day a little easier:

1. Always carry a water bottle.
2. When you're feeling frazzled or hazy, grab a glass of cold water.
3. Sip on a mug of herbal tea every evening.
4. Eat a diet rich in whole foods.

HEALTHY STEPS IN MOTION – Tuesdays and Thursdays, each week at 11 am. Chair and low impact exercise in room 244.

STAMPING - every **Thursday at 9:30 am in the rec room**. Join the group and bring your ideas.

BINGO – **Mondays at 1:00 pm** in the dining room for prize bingo. **Thursdays at 12:45 pm** with Sallie in the Recreation Room.

TRASH AND TREASURE BINGO – **Wednesday, July 26 from 10:30 to 11:30** FREE to play! Donate your “trash” or “treasure” items. Take them to Lynn’s office and place them in the blue bin for the next bingo game.

BOCCE - At the Warren Mall on **Tuesdays and Thursdays from 2 to 3 pm**. This low impact, great range-of-motion game will keep joints and muscles movin’, not to mention the laugh factor.

BRIDGE - every **Tuesday at 12:30 in the rec room**. New players are welcome. Enjoy friendly competition!

PINOCHLE – **Tuesdays at 1 pm in the dining room**. Beginners are welcome.

SCRABBLE CHALLENGE – **Wednesdays at 12:45 pm in the rec room**. Good mind exercise!

CARDS—your choice on Wednesdays at 12:30 in the **rec room**.

**Join us on July 3rd
for a Fourth of July
Celebration!**



Donald E. Lewis Funeral Home, Inc.

Michael B. Lewis, Supervisor
David S. Powell, Funeral Director

304 East Street, Warren, Pennsylvania 16365-2322
(814)-723-9270 * lewisfuneralhome1@verizon.net



**Hospice
of Warren
County**

*Neighbors Caring
For Neighbors
Since 1979*

Palliative Care

*Improving quality of life
through pain management, care and support*

For More information on Events, Classes, and Programs visit the [New ACC Website at www.allegheycitycenter.com](http://www.allegheycitycenter.com)

The Endeavor Senior Center is open Tuesday, Wednesday and Friday from 9:00am to 3:00pm.

July's events:

18th Eye Screening with Annette Holmes 10am

1st Tuesday of the month—blood pressure screening

Every Tuesday and Wednesday cards & left right center, domino's

Bingo—every Friday @ 10:30 before lunch

What's Happening at the Marienville Senior Center? 927-6607

The Marienville Senior Center is open Monday, Wednesday, Thursday from 9:00am to 3:00 pm.

July events:

(Bingo every day after lunch)

3rd Game Day—Scrabble

4th closed

5th Blood Pressure

6th 50/50, craft—Santa paint brush

10th program on Nutrition 11:00, Game day—corn hole

13th craft—Orbeez light

17th game day Mexican Train

19th Bonus bingo

20th 50/50, craft—egg shell jewelry

24th craft & goofy golf

26th Erie Zoo Trip

27th craft—beaded wind chime



What's Happening at the Tidioute Senior Center? 484-3020

Tidioute Senior Center is open from 9:00—3:00 Monday, Tuesday, and Thursday.

July's events:

6th Dr Talk

11th Bingo with Warren Manor , Blood Pressure

26th Erie Zoo

3 CLOSED --- for the 4th

6 Pool & games 9 am, Advisory Council mtg. 10:30, Bingo 12:30

7 Pool & games 9 am

10 Pool & games 9 am, Screening for Macular Degeneration & Glaucoma 10-12

11 Seneca Allegany Casino \$22. (LAST ONE)

13 Pool & games 9 am, Bingo 12:30

14 Pool & games 9 am

17 Pool & games 9 am, Healthy Steps 10:30-11:30

18 Mystery lunch-pick up starts at 11 am

20 Pool & games 9 am, Bingo 12:30

21 Pool & games 9 am

24 Pool & games 9 am, Healthy Steps 10:30-11:30

25 TRIP: Seneca Lake Luncheon- & Afternoon lunch out & Shop 'Warren pick up 11 am

26 Shop Erie pick up 8:30

27 Pool & games 9 am, BIRTHDAY/ANNIVERSARY luncheon Bingo 12:30

28 Pool & games 9 am

Every Monday & Thursday exercise from 3-4 by DVD's FREE

Every Wednesday make appointments, shop & lunch in Warren with TAWC

A reminder: LUNCHESES—you MUST sign up weekly as we call in counts on Mondays

Need the bus—you MUST sign up weekly

TRIPS:

JULY---11 Seneca Allegany Casino \$22

25 Seneca Lake 'BeBop DoWap' luncheon cruise MUST BE PAID BY THE 15th

SEPTEMBER 18-22—Montreal & Quebec City, Canada guided tour of Notre Dame Basilica, St. Joseph's Oratory/Shrine, Ste. Anne de Beaupre Shrine, Albert Gilles Copper Art Museum, Montmorency Falls & try your luck at the Montreal Casino and so much more \$689.

LOOKING AHEAD TO 2018:

April 30-May 10—Iceland, Ireland & Scotland, flight from Buffalo to Dublin, then board the CELEBRITY ECLIPSE that will be your hotel & restaurant for 11 days/10 nights, pricing starts at \$3181, Flight included.

BROCHURES AVAILABLE



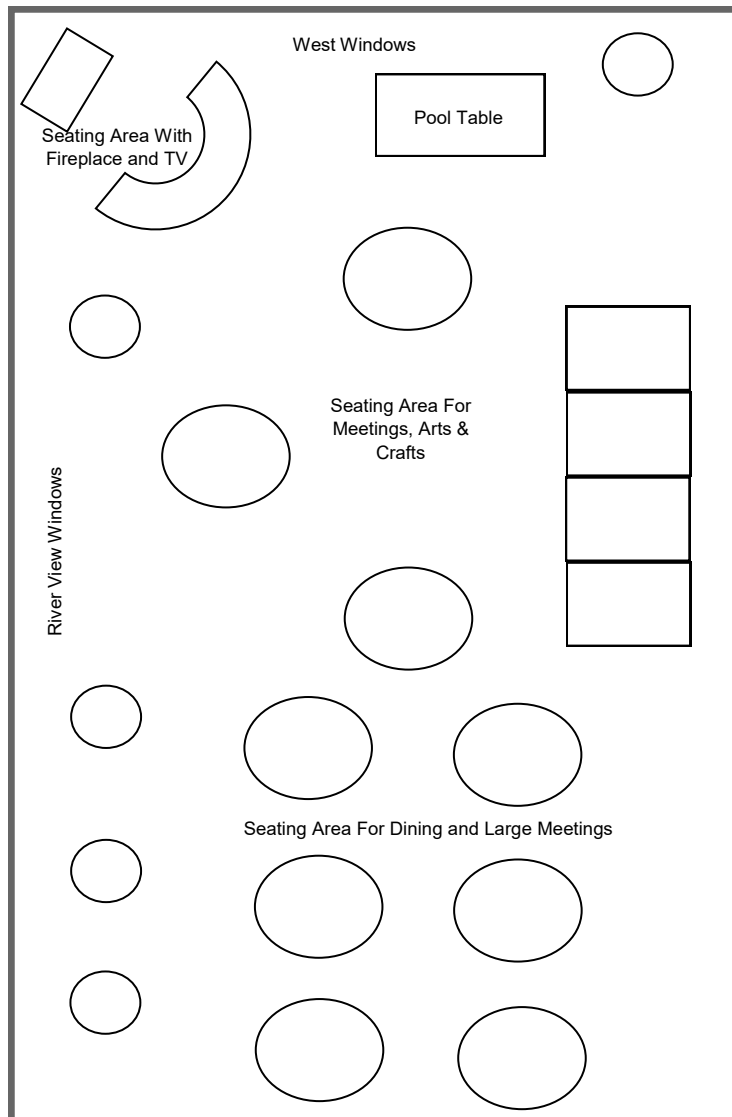
at the ACC or at your home between 3:30 and 4:00.

Call 723-3237 to reserve your seat on the bus.

What a great way to spend an evening, with wonderful friends, good food and a view that takes your breath away.

You will appreciate our area all over again !!

Dining Room Revised Floorplan

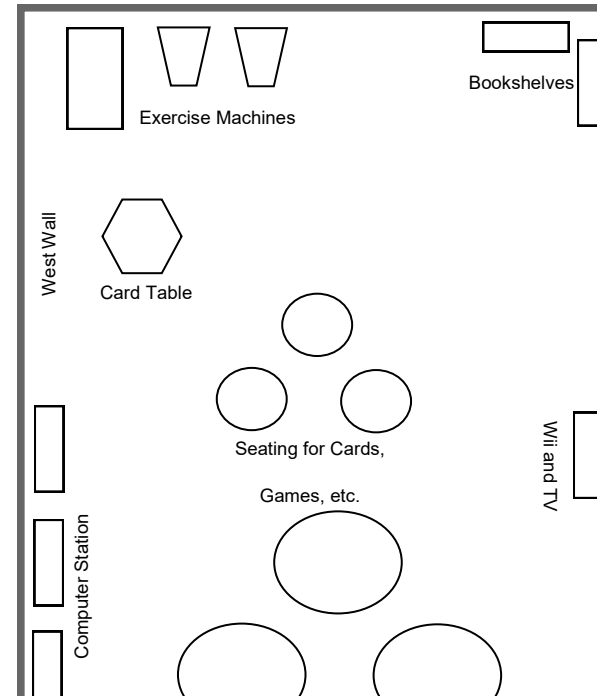


The new schedule for the Allegheny Community Center will go into effect on July 1st. We will be open Monday—Thursday from 8 am to 4 pm.

This blueprint for all of our activities, meetings, meals and events as you can see, has revised it a bit from last month.

We appreciate everyone's cooperation in being flexible as this is a work in progress!

Recreation Room Revised Floorplan



The Allegheny Volunteer Alliance (AVA) program is sponsored by Experience, Inc. in partnership with the Allegheny Community Center for residents in Warren and Forest Counties. The AVA office is located at the Allegheny Community Center, 42 Clark Street, in Warren.

AVA volunteer benefits include: excess Insurance, recognition, referrals, the opportunity to learn a new skill!

VOLUNTEER OPPORTUNITIES

At our local senior community centers –

Meal Service—volunteers are needed in centers to help in the kitchen for meal service.

Landscaping - the new park along the river bank at the Allegheny Community Center is in need of some TLC and landscaping.

Teach a class! Have a hobby or skill that you would like to share? Call Sue at the ACC to talk about the possibilities!

Looking ahead to next year's tax season— we are always recruiting people to become a trained volunteer tax preparer to assist filing income tax, PA Property tax and Rent Rebates. Training is provided by the IRS.

Also for 2018— the ACC is also looking for a few volunteers to help make tax appointments using an online scheduling database. Must be computer literate.

At the Allegheny Community Greenhouse, located on the grounds of the Warren State Hospital – looking for assistance with greenhouse planting and maintenance.

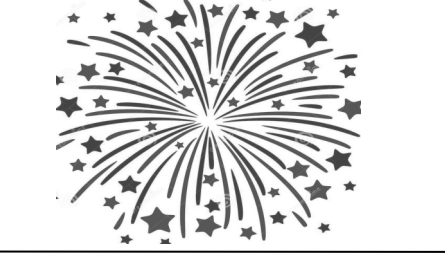
At the Toy Shoppe, also located on the grounds of the Warren State Hospital - help to make wooden toys that are gifted to local children. Make a Difference!

Volunteers Make a Difference! Call Sue Himes for more information at 723-4180.



9:30 Coffee & Conversation, Pool
 10:00 Blood Pressure
 12:30 Dairy Delight Outing
 1:00 BINGO

Dog Days Begin Until Aug 11th



9:30 Pool
 11:00 Brain Games
 12:30 Cards
 12:45 Line Dancing, Scrabble,
 1:00 Mah-Jong,
 Chronic Disease Workshop,
 Ice cream run after lunch!

10 Pepper Steak
 9:30 Coffee & Conversation, Pool
 10:00 Blood Pressure
 1:00 BINGO

11 Chicken Cobb
 9:30 Painter Meet
 10:30 Bible Study
 11:00 Healthy Steps
 12:00 Christian Woman's Lunch
 12:30 Bridge
 12:45 Line Dance
 1:00 Pinochle
 1:15 Mall Walking 2:00 Bocce
 Pet Photo Day - Bring in your pet photo

12 Stuffed Pepper
 8:00 Crime Stoppers
 9:00 Wednesday Workout
 9:30 Pool,
 12:45 Line Dancing, Scrabble
 1:00 Mah-Jongg,
 1:00 Chronic Disease Self -
 management Workshop

17 Club Sandwich
 9:30 Coffee & Conversation, Pool
 10:00 Blood Pressure
 11:00 Make it Bake it
 1:00 BINGO,

18 Baked Chicken
 9:30 Painters Meet
 10:30 Bible Study
 11:00 Healthy Steps
 12:30 Bridge ,
 12:45 Line Dance
 1:00 Pinochle
 1:15 Mall Walking 2:00 Bocce

19 Swiss Steak
 9:00 Wednesday Workout
 9:30 Pool
 10-11:30 Make up Day for Farmers
 Market Vouchers
 10:30 Chair Yoga 12:30 Cards
 12:45 Line Dance, Scrabble
 1:00 Chronic Disease Workshop
 Mah-Jongg



24 Meatball Sandwich
 9:30 Coffee & Conversation, Pool
 10:00 Blood Pressure
 12:30 Tom Kollar - Geological
 Presentation
 1:00 BINGO

25 Roasted Turkey
 9:30 Painters Meet
 10:30 Bible Study
 11:00 Healthy Steps
 12:30 Bridge
 12:45 Line Dance
 1:00 Pinochle
 1:15 Mall Walking 2:00 Bocce

26 Chef Salad
 9:00 Wednesday Workout
 9:30 Pool
 10:30 Trash and Treasure Bingo
 12:30 Cards 1:00 Mah-Jongg
 12:45 Line Dance, Scrabble,
 Reflexology
 2-3:30 Make-up day for Farmers
 Market Vouchers

31 Roast Beef Dinner
 9:30 Coffee & Conversation, Pool
 10:00 Blood Pressure
 1:00 BINGO



<p>11:00 Healthy Steps Exercise 12:00 Birthday Party, TOPS 12:45 Bingo 2:00 Bocce</p>	<p>ACC CLOSED FRIDAYS</p>	
<p>13 Sweet Turkey Sausage 9:00 to Noon Watercolor Class 9:30 Stamping 10-12 Eye Screening 11:00 Healthy Steps Exercise 12:00 TOPS - 12:45 Bingo 2:00 Bocce</p>	<p>14 Mushroom Swiss Burger for SHEFFIELD & ENDEAVOR</p> <p>ACC CLOSED FRIDAYS</p>	
<p>20 Sweet & Sour Meatballs Native American Citizenship Day 9:00 to Noon Watercolor Class 9:30 Stamping 11:00 Healthy Steps Exercise 12:00 TOPS 12:45 Bingo, 2:00 Bocce 4:00 Out & About to Docksiders Café at the Marina</p>	<p>21 Potato Crusted Fish for SHEFFIELD & ENDEAVOR</p> <p>ACC CLOSED FRIDAYS</p>	<p>Remember to call 723-4180 by 11 am 2 days in advance for lunch reservations.</p> <p><i>Thank you!</i></p>
<p>27 Baked Chicken Thigh 9:00 to Noon Watercolor Class 9:30 Stamping 11:00 Healthy Steps Exercise 12:00 TOPS 12:45 Bingo 2:00 Bocce</p>	<p>28 BBQ Pork Ribette for SHEFFIELD & ENDEAVOR</p> <p>ACC CLOSED FRIDAYS</p>	
<p>Daily Bistro Choices are: Chef Salad \$4 Cottage Cheese/Fruit \$3</p> <p><i>You <u>do not</u> have to call in advance for these meals</i></p>		<p>Suggested Lunch Donation is: \$3.00 for Over 60 \$4.00 for Under 60</p>

Farmers Market Voucher Distribution Schedule - Farmers Market Vouchers will be available to Warren/Forest County residents, age 60 and older who meet income guidelines. Voucher is worth \$20. **Please bring a copy of a POA form with you if you are signing for a participant. ID is required!!**

Income guidelines: Single \$22,311 Couple \$30,044

July 3 - Youngsville Borough Building from 9:00 to 12:00

Make-up Days

July 19 - Allegheny Community Center from 10:00 to 11:30

July 26 - Allegheny Community Center from 2:00 to 3:30

Nutrition—Tips on Nutrition, Hydration and Eating out on a Diet - by Agnes McKenna

July 10 - Marienville Senior Center at 11:00

Vision Screening - by Carole Brosius from the Sight Center of Northwestern PA

July 13 - Allegheny Community Center from 10:00 to Noon

Healthy Steps in Motion - Fall Prevention Workshop

July 17 and July 24 - Sheffield Senior Center at 10:30

Illegal Drugs in Our Area - presented by Jack Ogden, Education Specialist for the Office of Attorney General

July 31 - Tidioute Senior Center at 11:00

Workout Wednesday - Wednesdays from 9:00 to 10:00 am. Meet in the rec room. Walking followed by stretching in the rec room.

Healthy Steps in Motion Exercise Class – Allegheny Community Center on Tuesdays and Thursdays from 11:00 to 11:30 am.

Bocce - At the Warren Mall on Tuesdays and Thursdays from 2:00 to 3:00 p.m.

Mall Walking - Tuesdays from 1:15 to 1:45. Meet at the bench outside the Bon Ton.

Did You Know ?

Peaches came from China, strawberries came from Italy and oranges started in India? Once they hit our shores they became as American

KNITTING CLASS FOR BEGINNERS - class resumes in September. Ruth Johnson teaches this class. Ruth also teaches advanced knitters how to knit new stitches. Create your next family heirloom. Ruth's phone number is 757-4475.

WATERCOLOR CLASS - Learn a new skill or hone your artistic talent! Local artist, Celia Knapp, will offer weekly watercolor classes every **Thursday from 9 am to Noon in the dining room.** This class is for everyone from beginner to advanced. Call Celia at her home to sign up - 726-1667 Cost is \$15 per class.

STAMPING CLASS – No class in July and August– class resumes in September. With Becky Eldridge. Held every third Monday of the month.

BIBLE STUDY – Tuesdays from 10:30 to 11:30 am. Jim Reese conducts the studies.

ALLEGHENY BELLES LINE DANCING PRACTICE – at the Allegheny Community Center on **Tuesdays and Wednesdays from 12:45 to 2:00 pm.** It's an enjoyable way to get exercise.

REFLEXOLOGY – with Denny Mason on Wednesday, July 26 at 12:45 in the dining room.

PERSONAL TRAINING FOR OLDER ADULTS - Strength training by Susan Streich. Great for maintaining muscle mass and balance. Call Susan at 779-8140 for more info and price.



ACC AUXILIARY BASKET RAFFLE

**And the winner is -
Donna Faff!**

*Thanks to everyone who
donated to the basket raffle!*

CTI

**THE CHOICE IS CLEAR
CTI PHYSICAL THERAPY
“Feel the Difference”**

2265 Market Street, Suite A

2017 SENIOR GAMES

The Senior Games were a lot of fun this year. It was a perfect spring day for the event—something that doesn't happen too often!

2017 Winners List

Croquet – Overall male, Ray Davidson; Men 55-67, 1st Mark Steelman; Men 78 +, 1st Dale McKenna, 2nd Cliff Alexander; Overall Woman, Bev Himes; Women 68-77, 1st Suzette Berdine, 2nd Linda Knapp, 3rd Sarah Wilson; Women 78 +, 1st Blanch Irwin, 2nd Martha Brewster, 3rd Pat Brown

Cornhole – Overall Male, Harold Wall; Men 68-77, 1st Leslie Taylor, 2nd Joe McKenna, 3rd Ted Cotillion; Men 78 +, 1st Cliff Alexander; Overall Women, Shirley Hitchcock; Women 55-67, 1st Janice Walters, 2nd Gerry Morrissey; Women 78 +, 1st Bev Himes, 2nd June Knopf, 3rd Toot Larson

Goofy Golf – Overall Women, Bev Himes; Women 68-77, 1st Jeanne Kreitzbender, 2nd Sandy Hamm, 3rd Suzette Berdine; Women 78+, 1st June Knopf, 2nd Shirley Hitchcock, 3rd Rachel Wood

Softball Throw- Overall Male, Harold Wall; Men 68-77, 1st Leslie Taylor, 2nd, Bill Martin, 3rd Ted Cotillion; Overall Women, Theodora Benson; Women 68-99, 1st Sarah Wilson, 2nd Carol Hammersley, 3rd Suzette Berdine; Women 78 +, 1st Kay Gray, 2nd Rachel Wood, 3rd Zelda Kittell

½ Mile Walk – Overall Male, Leslie Taylor; Men 78 +, 1st Cliff Alexander; Overall Women, Kathy Barton; Women 55-67, 1st Linda Hinton; Women 68-99, 1st Linda Taylor, 2nd Suzette Berdine, 3rd Linda Knapp; Women 78 +, 1st Martha Brewster, 2nd Dolly Gordon

1 Mile Walk - Mark Steelsmith, Sherry Richards Overall Winners

Jarts – Overall Male, Mark Steelsmith; Women 55-67, 1st Linda Hinton; Women 68-77, 1st Jeane Kreitzbender, 2nd Janet Huth, 3rd Bette McKenna; Women 78 +, 1st Janis Wall, 2nd Blanche Irwin, 3rd Dolly Gordon

Putting – Overall Male, Bill Martin; Men 78 +, 1st Harold Wall, 2nd Ray Davidson; Overall Women, Dolly Gordon; Women 55-67, 1st Sherry Richards, 2nd Janis Walters; Women 68-77, 1st Evelyn Eaton, 2nd Dolores Wilkins; 3rd Sarah Wilson; Women 78 +, 1st Pat Brown, 2nd Zelda Kittell, 3rd Janis Wall

Frisbee Golf – Overall Male, Bill Martin; Overall Women, Janis Wall; Women 55-67, 1st Gerry Morrissey, 2nd Linda Hinton; Women 68-77, 1st Bette McKenna, 2nd Janet Huth

Ring Toss – Overall Male, Joseph McKenna; Men 55-67, 1st Mark Steelsmith; Men 78 +, 1st Harold Wall; Overall Women, Janis Wall; Women 55-67, Janice Walters; Women 68-77, 1st Betty Cook, 2nd Virginia Kiffer; 3rd, Sherry Walton; Women 78 +, 1st Pat Brown, 2nd Kay Gray, 3rd Rachel Wood

Photos from the Games are on page 15!



Here is the contact information on two local caregiving support groups in the Warren area:

**Karen Gray 723-9440
Grace United Methodist Church
501 Penn Ave. East**

**This group meets every third Monday of the month at 12:00.
Karen says most people bring a bag lunch.**

**Bridges Adult Day Center—Contact Kim Tompkins at 814-726-1116
905 4th Ave**

Meets every 3rd Wednesday of the month from 4:30 to 6:00

There are also many national resources available on the web:

**Family Caregiver Alliance
www.caregiver.org**

National Family Caregiver Association

www.thefamilycaregiver.org

Elder Care Locator

www.eldercare.gov

Alzheimer's Association

www.alz.org



Market Street (along the river)

Baseball

pay on LV.
sign up

July 16 Pirates /Cardinals \$68 8am
Aug. 24 Pirates/Dodgers \$63 11am

February 6-16, 2018—Panama Canal with stops in Bahamas, Columbia, Colon Panama, Costa Rica and Jamaica. Princess Cruise Lines. Includes transportation to and from airport plus cruise.



TRIPS IN 2017

Aug. 18-26 Rail/Western Canada
Oct. 10 -12 Pittsburgh- \$389.00 PP

BROCHURES AVAILABLE AT ACC IN THE RECREATION ROOM

814-723-7143 or 730-9364
www.sleemantravelgroup.com

Allegheny Community Center Optical Clinic

NO AGE LIMIT!!!!

To make an appointment

Call the Optical Clinic at the ACC (814) 723-3237 or (814) 723-4180 and ask for **Lynn Espin**. Each individual will need to bring a current prescription to their scheduled appointment.

The personnel at the clinic will assist you in selecting a frame and will fit them to your face. Frames will be mailed to the I Care Labs in Florida to have the lenses ground and inserted in the frame. The finished glasses will then be mailed directly to you within 14 days.

Cash Payment Only!!! -No Credit Cards or Access Cards Accepted-

Cost is \$36.00

Additional Options:

φ Trifocal Lenses (add \$10)

φ UV Coating (add \$5)

φ Standard Tint (add \$80)





**Join us next
year to get in
on all of the
action and
good times!**





SERVING THE NEEDS OF CITIZENS IN WARREN & FOREST COUNTIES

**Area Agency on Aging 48 Years of
Experience, Inc.
905 4th Ave Warren, PA 16365
814-723-3763**

**Allegheny Community Center (ACC) 723-3237
42 Clark Street, Warren, PA 16365**

**Endeavor Senior Center 463-7774
Township Building, Endeavor, PA 16322**

**Marienville Senior Center 927-6607
MACA Building, Marienville, PA 16239**

**Sheffield Area Hospitality Center 968-5667
511 So. Main St., P.O. Box 786, Sheffield, PA 16347**

**Tidioute Senior Center 484-3020
174 Main Street, Tidioute, PA 16251**