Danell Sowers Appointed New Experience, Inc. Director for Warren and Forest Counties in 2016

INSIDE THIS ISSUE:

What’s Happening at your Center 2 & 6

Calendar of Events, Programs, Classes, And Menu 8 & 9

Prime Time Health 10 & 11

Info on the 2015 Expo 12

The Successful Summit! 13

Retiring Board Member Mr. Richard Campbell 14

Medicare Help 15

Director –In-Training Danell Sowers &

Current Executive Director Farley Wright

Mrs. Danell Sowers will replace retiring current Executive Director Farley Wright at the end of this year. Mrs. Sowers is quoted as stating, “I have been a part of Experience, Inc., Area Agency on Aging for 16 years, its mission is important to me and it is an organization I am proud to be a part of. I have known and learned from some tremendous people through those 16 years and I am so thankful for them and the experience I have gained. I am truly thrilled to have the opportunity to help guide the Agency throughout the coming years, although there are challenges that lie ahead, I look forward to meeting each of them. Farley Wright has done a lot of good work and will be leaving behind a very solid foundation for us to utilize and continue to build upon.” Mrs. Sowers says, “The team of people that currently exists within the Agency is simply amazing.

I am so fortunate to be able to continue to work with each of them on all of the valuable programming and services that Experience, Inc. offers. I would like to thank the Board of Directors for the opportunity to lead this great organization.”

Retiring current Executive Director Farley Wright, who has successfully guided the Agency on Aging since 2007 stated, “As I look forward to retirement from what I can honestly say was one of the most enjoyable jobs of my career, in large due to the staff of the agency, I leave comforted in knowing the agency is in good hands. Danell brings a wealth of knowledge and an eagerness to learn which is essential for today’s business climate. I’m confident that as I leave the Experience Inc., Danell will provide the leadership necessary to take the agency forward as a viable and compassionate advocate of the elderly.”
The ACC is open from: 8:30 AM—7:00 PM Monday & Wednesday

8:30 AM—4:00 PM on Tuesday, Thursday, and Friday

CORN HOLE —every Monday at 9:30am. We will meet in the rec room.

SUNSHINE MIXED BOWLING LEAGUE—every Wednesday at 12:30 pm at Riverside Lanes. For details of the 2015 - 2016 season and sign - up call Zelda at 406 - 4216.

BIRTHDAY MONTH CELEBRATION - Thursday, October 1st at noon. Enjoy a slice of cake with lunch and help celebrate those with a birthday in October. If your birthday is in October, keep an eye out for your invitation in the mail.

ARTIST IN ACTION-Wednesday, October 7th at 11:30am. Artist Diane Delarme.

EVENT FAVORS– Wednesday, October 7th at 12:45. Create favors for the holidays and special events at the ACC , room 231.

PJ’s , PIZZA, and MOVIE DAY ! Wednesday October 7th at 2:00 in the rec room.

TRIP TO KINZUA BRIDGE - Thursday October 8th. Leave ACC at 3pm. Travel to Kinzua Bridge, dinner at Four Sons then to Bells Meat Market (coolers will be on board). Dessert at Trading Post. Seating is limited so sign up soon!

TRIP TO ERIE— Oct 28th. Meet at CRI @ 8 am, return @ 3 pm. Call ACC to sign up.

MIND MATTERS - Wednesday, October,14th at 10am. Food Glorious Food: Satisfaction without any guilt.

NEEDED— VOLUNTEERS !!! Wednesday October 14th at 12:45 Help fill bags for those returning home from a hospital stay or a rehab.

MAKE IT – BAKE IT – Thursday, October,15th at 11:00 the Dining Room. Lynda or a special guest will show you how to make something delicious!

NATIONAL GORMET COFFEE DAY—Thursday October 15th during lunch. Experience several different coffee flavors.

STONE SOUP DONATION DAY– Monday October 19th bring your donations to Betty Jo.
STONE SOUP SERVED— Wednesday October 20th at noon.

ELDERCARE 2015 SENIOR EXPO—OCTOBER 30TH AT THE TAWC/ACC FACILITY! 9 AM TO 1PM
(More information on page 12)

CHECK OUT THE PROGRESS BEING MADE AT THE OUTDOOR RECREATION AREA ALONG THE RIVER AT THE ACC! YOU WILL BE ABLE TO ENJOY BEAUTIFUL RIVER VIEWS, A NEW PICNIC SPACE, BOCCE, HORSE-SHOES, DISC GOLF AND MORE!
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.

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 Room 233. Join the group and bring your ideas. No sign-up required

BINGO – Mondays at 1:00 pm with Isabel in the Education Room and prize bingo Thursdays at 12:45 pm with Sallie in the Recreation Room. Everyone is welcome!

TRASH AND TREASURE BINGO – Fridays from 12:30 pm to 1:30 pm in the Dining Room. No cost to play! Do you have any “trash” or “treasure” items that you would like to donate for the event? If so, bring them to the “Trash or Treasure” blue bin located in Lynn’s office.

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 Recreation Room. No sign-up necessary. New players are welcome. Enjoy friendly competition!

PINOCHLE – Tuesdays at 1 pm in the Education Room. Lots of fun. Beginners are always welcome.

SCRABBLE CHALLENGE – Wednesdays at 12:45 pm in the Recreation Room. Good mind exercise!

Wine and Art!

October 3rd-7:00 PM at the Allegheny Community Center

$35.00 Per Person Pre-register by September 28th by calling 814-688-6262 or emailing apannell83@gmail.com
The Endeavor Senior Center is open Monday, Tuesday, and Friday.

Lunch is served at 11:45.

Bingo is held every Friday morning at 10:30 AM.
Blood pressure readings are the first Monday of every month.

Just stop in or give us a call at 463-7774 for more information or to make a lunch reservation.

October Events:
- October 9th—Election of Officers
- October 12th—Flu Shoots
- October 30th—Halloween Party!

The Marienville Senior Center is open Monday, Wednesday, and Thursday from 9:30 AM—1:00 PM.

Lunch is served at 11:45. Reservations Required by 9:00 AM.

October Events:
- October 7th 11:00 Blood Pressure
- October 21st 9:30-11:30 Flu Shoots
- October 26th 11:00 Primary Health

Come out and join in on the fun lunch at 11:45 and after that we play bingo.
October Events:

1—Advisory Council meeting 10:30

5—Flu shots 10-12 NO appointment needed, FREE with Medicare card

9—Kick off for United Funds 91st year at the Library Theater 5-7

9,10,11—Johnny Appleseed Festival in Sheffield

12—Blood sugar testing 8:30-11:30

13—Seneca Allegany Casino $22

14—‘Community Spaghetti & Meatball Dinner’ 4:30-6:30 take-outs available by $$ Donation

20—Mystery lunch (last one)

24—Sheffield Craft & Bake Sale 9-3 We will be there.

26—Blood pressure 10:30-12 with Vanessa from Kane Home Health

27—‘Senior Nite out’ for Dinner & shopping with friends

28—Shop in Erie for the day (last one)

29—Birthday luncheon & 50/50 drawing

30—Senior Expo at TAWC /ACC

Every Monday & Thursday at 11 am ‘Play ball’ for fun & exercise too.

Every Monday & Thursday Exercise from 3-4.

Wednesdays—shop or make appointments in the Warren area & get picked up at your door with TAWC.

Looking ahead to 2016 Trips February 13-21—*Key West, FL and the Bahamas aboard the Royal Caribbean‘s ‘Grandeur of the Seas’ only a few cabins

APRIL 12-13—*Lancaster for the NEW production of ‘Samson’ at the Sight & Sound Theater

AUGUST 21-SEPTEMBER 2—*National Parks/out West great NEW pricing

*Brochures Available
Tidioute Senior Center is open from 8:00—2:00 Monday, Tuesday, and Friday. Lunches are served at 12:00.

Healthy Steps

Lynn Espin from the Area on Aging presented a two part program on Healthy Steps for Older Adults at the Tidioute Senior Center.

Several members and staff joined in the program and did some exercises.

Just in time for Football Season!

Members are now making up a Steeler Basket and selling tickets for $2 each or 3 for $5 with the drawing set for November 19th.

SMART DRIVER FULL COURSE will be held on Wednesday & Thursday, October 14th & 15th, from 8:30 a.m. to 12:30 p.m. in the ACC Education Room. This full course is 8 hours. Completing this course may qualify you for an auto insurance discount. Also, multiple drivers per family MAY have to take this course to qualify for the insurance discount…check with your insurance agent. Fee for members of AARP is $15. For non-members, it is $20. Checks are made payable to AARP. Instructor is Larry Jackson. Sorry but there are NO discounts for teachers or veterans this year! Class registration can be made anytime by calling 723-3237 or by stopping by the Reception desk at the Center.

AARP SMART DRIVER REFRESHER COURSES are being offered at ACC on Friday, November 13th, from 8:30 a.m. to 12:30 p.m. with instructor Charles Merroth and on November 23rd from 1:00 to 5:00 p.m. with instructor Larry Jackson, both in the ACC Education Room. These are 4-hour refresher courses for all those who have already taken the full 8-hour course no more than 3 years ago. You only need to take one 4-hour course! Your auto insurance may require you to take this course to maintain your continued insurance discount. Also, multiple drivers per family MAY have to take this course to qualify for the insurance discount…check with your insurance agent. Fee for members of AARP is $15. For non-members, it is $20. Checks are made payable to AARP. Sorry but there are NO discounts for teachers or veterans this year! You can register anytime for the Smart Driver classes by calling 723-3237 or by stopping by the Reception desk at the Center.
SLEEMAN TRAVEL GROUP
3710 JACKSON RUN RD. WARREN, PA
BUSES LEAVE FROM CRI PARKING LOT

- Oct. 4 Pirates vs Reds, Leave 10:00 am. $61
- October 6-9 - New York City—$750 pp double. Includes 911 Memorial & Museum, Jersey Boys, Statue of Liberty & Ellis Island, and Dinner Cruise. +3 more dinners and 4 Breakfasts.
- Oct. 16th Amish Harvest—Leave 6:30AM—$85 Brochure Available
- Dec. 5th Riverside Inn Christmas $63
- Dec. 9—11 Miracle of Christmas at Millennium Theater $379

2016—2017 SAVE THE DATE!

- Oct. 12-27 Legendary Waterways of Europe—Danube River Cruise (English speaking crew)
- 2016 Train Across Canada from Toronto to Vancouver Island
- 2016 Chicago Highlights including Frank Lloyd Wright’s Home and Studio.
- 2017—May in Italy

PICK UP A BROCHURE AT THE ACC or CALL 814-723-7143 or 814-730-9364.
Email: mds3710@hotmail.com
www.sleemantravelgroup.com

NEW MEMBERS ARE WELCOME AT ACC ANYTIME!

First-time (have never done it before) members can join during October for just $5.00! All memberships are then renewable annually, including these new members, and due on January 1st, 2016 for just $15.00 for the upcoming calendar year (January 1st thru December 31st). We also ask you to complete a couple of information forms about yourself for our mailing list and emergency records if needed. Walk-ins can stop by ACC at the Reception office or Barb’s office, room 230, or any staff person to become a member. Your membership support of ACC entitles you to receive a monthly newsletter delivered right to your mailbox.

Volunteer opportunities for the area!

If you are over 18 years old, you can now volunteer for the AVA!

Call Sue at the center for more information.
814 723-3237

One of your benefits as an AVA Volunteer

- **Insurance**

As an enrolled Allegheny Volunteer Alliance member, you are covered by personal liability, personal injury, and excess automobile liability.
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tbody>
<tr>
<td><strong>5 TACO SALAD</strong></td>
<td><strong>6 FISH</strong></td>
<td><strong>7 BBQ CHICKEN</strong></td>
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<tr>
<td>9:30 Corn Hole</td>
<td>9:30 One Stroke Painting</td>
<td>9:00 Walking at Betts</td>
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<tr>
<td>10:00 Blood Pressure</td>
<td>10:30 Bible Study</td>
<td>10:00 Cards</td>
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<tr>
<td>1:00 Bingo</td>
<td>11:00 Healthy Steps</td>
<td>10:30 Knitting Class</td>
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<tr>
<td>1:15 Total Fitness Class</td>
<td>12:30 Bridge</td>
<td>12:45 Scrabble &amp; Line Dancing &amp; Event Favors</td>
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<tr>
<td>5:15 Yoga Fit Class</td>
<td>12:45 Line Dancing</td>
<td>12:00 Sunshine Bowling</td>
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<td><strong>12 CHICKEN CAESAR SALAD</strong></td>
<td><strong>13 HAM</strong></td>
<td>1:00 Mah-Jonggg</td>
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<tr>
<td>9:30 Corn Hole and Once/Month Craft with Olivia</td>
<td>9:30 One Stroke Painting</td>
<td>1:15 Total Fitness Class</td>
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<tr>
<td>10:00 Blood Pressure</td>
<td>10:30 Bible Study</td>
<td>5:15 Yoga Fit Class</td>
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<tr>
<td>12:45 Sundae Monday</td>
<td>11:00 Healthy Steps and Blood Pressure and Sugar Screening</td>
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<tr>
<td>1:00 Bingo</td>
<td>12:00 Christian Women’s Lunch</td>
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<tr>
<td>1:15 Total Fitness Class</td>
<td>12:30 Bridge</td>
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<tr>
<td>5:15 Yoga Fit Class</td>
<td>12:45 Line Dancing</td>
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<td><strong>19 SALSA CHICKEN</strong></td>
<td><strong>20 SALISBURY STEAK &amp; STONE SOUP!</strong></td>
<td><strong>21 SAUERKRAUT &amp; HOT DOGS</strong></td>
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<td>9:30 Corn Hole</td>
<td>9:30 One Stroke Painting</td>
<td>9:30 Walking at Betts</td>
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<tr>
<td>10:00 Blood Pressure</td>
<td>10:30 Bible Study</td>
<td>10:00 Cards</td>
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<tr>
<td>1:00 Stamping Class</td>
<td>11:00 Healthy Steps</td>
<td>10:30 Knitting Class</td>
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<tr>
<td>1:00 Bingo</td>
<td>12:30 Bridge</td>
<td>12:00 Sunshine Bowling</td>
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<tr>
<td>1:15 Total Fitness Class</td>
<td>12:45 Line Dancing</td>
<td>12:45 Line Dancing &amp; Scrabble</td>
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<tr>
<td>5:15 Yoga Fit Class</td>
<td>1:00 Pinochle</td>
<td>12:45 Volunteer—filling bags</td>
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<td><strong>Bring Stone soup ingredients to Betty Jo</strong></td>
<td>2:00 Bocce</td>
<td>1:00 Mah-Jonggg</td>
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<tr>
<td><strong>26 STUFFED SHELLS</strong></td>
<td><strong>27 CHICKEN ALFREDO</strong></td>
<td><strong>28 SAUSAGE SUB</strong></td>
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<tr>
<td>9:30 Corn Hole</td>
<td>9:30 One Stroke Painting</td>
<td>9:00 Walking at Betts</td>
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<td>10:00 Blood Pressure</td>
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<td>10:00 Cards</td>
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<td>10:30 Knitting Class</td>
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<tr>
<td>1:15 Total Fitness Class</td>
<td>12:30 Bridge</td>
<td>12:00 Sunshine Bowling</td>
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<tr>
<td>5:15 Yoga Fit Class</td>
<td>12:45 Line Dancing</td>
<td>12:45 Scrabble, Line Dancing, &amp; Reflexology</td>
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<tr>
<td><strong>Bring Stone soup ingredients to Betty Jo</strong></td>
<td>1:00 Pinochle</td>
<td>1:00 Mah-Jonggg</td>
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<tr>
<td><strong>21 SAUERKRAUT &amp; HOT DOGS</strong></td>
<td>2:00 Bocce</td>
<td>1:15 Total Fitness Class</td>
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<tr>
<td>9:30 Corn Hole</td>
<td>5:15 Healing Yoga</td>
<td>5:15 Yoga Fit Class</td>
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<tr>
<td>Thursday</td>
<td>Friday</td>
<td>Page 9</td>
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<tr>
<td><strong>1 CHICKEN &amp; BISCUITS</strong>&lt;br&gt;9:00 Watercolor Class&lt;br&gt;9:30 Stamping&lt;br&gt;11:00 Healthy Steps&lt;br&gt;12:00 Birthday Party Celebration&lt;br&gt;12:15 TOPS&lt;br&gt;12:45 Bingo&lt;br&gt;2:00 Bocce&lt;br&gt;4:45 Weight Watchers</td>
<td><strong>2 BRUNCH BUFFET</strong>&lt;br&gt;10:00 Jammers&lt;br&gt;12:15 Yoga Fitness&lt;br&gt;12:45 Free Trash &amp; Treasure Bingo&lt;br&gt;1:30 Cards</td>
<td>Call 814-723-4180 a day in advance for lunch Reservations (Menu subject to change)</td>
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<tr>
<td><strong>8 LASAGNA</strong>&lt;br&gt;9:00 Watercolor Class&lt;br&gt;9:30 Stamping&lt;br&gt;11:00 Healthy Steps&lt;br&gt;12:15 TOPS&lt;br&gt;12:45 Bingo&lt;br&gt;2:00 Bocce&lt;br&gt;3:00 Trip to Kinzua Bridge&lt;br&gt;4:45 Weight Watchers</td>
<td><strong>9 PIZZA &amp; WING DAY</strong>&lt;br&gt;10:00 Jammers&lt;br&gt;12:15 Yoga Fitness in board room&lt;br&gt;12:30 NO Trash and Treasure Bingo due to a community event scheduled from 1—4 pm&lt;br&gt;1:30 Cards</td>
<td>ALTERNATIVE LITE LUNCH IS AVAILABLE AT 12:00 • CHEF’S SALAD • COTTAGE CHEESE/FRUIT • STUFFED TOMATO</td>
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<tr>
<td><strong>15 MEATLOAF</strong>&lt;br&gt;8:30 AARP&lt;br&gt;9:00 Watercolor Class&lt;br&gt;9:30 Stamping&lt;br&gt;11:00 Healthy Steps&lt;br&gt;11:00 Make It—Bake It&lt;br&gt;12:00 Gourmet Coffee Day&lt;br&gt;12:15 TOPS&lt;br&gt;12:45 Bingo&lt;br&gt;2:00 Bocce&lt;br&gt;4:45 Weight Watchers</td>
<td><strong>16 PICNIC BUFFET</strong>&lt;br&gt;10:00 Jammers&lt;br&gt;12:15 Yoga Fitness Class&lt;br&gt;12:30 Free Trash &amp; Treasure Bingo&lt;br&gt;1:30 Cards</td>
<td>BISTRO MENU IS AVAILABLE MON-THUR FROM 11:00—1:00 &amp; FRI AT 12:00 NO RESERVATIONS NECESSARY</td>
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<tr>
<td><strong>22 SPAGHETTI</strong>&lt;br&gt;9:00 Watercolor Class&lt;br&gt;9:30 Stamping&lt;br&gt;11:00 Healthy Steps&lt;br&gt;12:15 TOPS&lt;br&gt;12:45 Bingo&lt;br&gt;2:00 Bocce&lt;br&gt;4:45 Weight Watchers</td>
<td><strong>23 SOUP, SALAD &amp; SANDWICH</strong>&lt;br&gt;10:00 Jammers&lt;br&gt;12:15 Yoga Fit&lt;br&gt;12:30 Free Trash &amp; Treasure Bingo&lt;br&gt;1:30 Cards</td>
<td>Suggested Lunch Donation $3.00 for 60 + $4.00 for -60</td>
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<tr>
<td><strong>29 TUNA CASSEROLE</strong>&lt;br&gt;9:00 Watercolor Class&lt;br&gt;9:30 Stamping&lt;br&gt;11:00 Healthy Steps&lt;br&gt;12:15 TOPS&lt;br&gt;12:45 Bingo&lt;br&gt;2:00 Bocce&lt;br&gt;4:45 Weight Watchers</td>
<td><strong>30 SENIOR EXPO!</strong>&lt;br&gt;9AM—1 PM&lt;br&gt;LUNCH FROM 11AM—12:30PM</td>
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**PrimeTime Health**

**The Primary Health Network - presented by Sherrie Flannery**

- **October 5** - Sheffield Senior Center at 11:00
- **October 26** - Marienville Senior Center at 11:00

**Blood Sugar Screening** - Screening by Debbie Labesky, Diabetes Coordinator from Warren General Hospital. No fasting necessary!

- **October 13** — Allegheny Community Center from 11:00 to Noon

**Flu Shots**

Medicare card required!

- Flu Shots administered by Kane Home Health   Self pay - $30.00
  - **October 5** — Sheffield Senior Center from 10:00 to 2:00
  - The Visiting Nurses Association will be holding flu shot clinics at the following locations: Self pay - $40.00.
  - **October 12** — Endeavor Senior Center from 9:00 to 11:30
  - **October 19** — Tidioute Towers from 9:00 to 9:30
  - Tidioute Senior Center from 10:00 to 12:00
  - **October 21** — Marienville senior Center from 9:00 to 11:30

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

**Walking at Betts Park**

**Wednesdays from 9:00 to 10:00 am**

Turn right when entering Betts Park. We will meet at the gazebo at the start of the path. (The bocce side of Betts Park) This is a weather permitting activity... to check whether we are walking or not, please call the ACC at 723-4180 and ask for Lynn Espin.

**THE BEST CLASSES IN TOWN!!!!**

**ONE STROKE PAINTERS meet on Tuesdays at 9:30 am in Craft Room 232** by Sandee Geer. $10 a class if you have your own brushes. $12 a class if you use mine. You will complete a project every week. Registration is necessary and required. Call 723-3237

**KNITTING CLASS FOR BEGINNERS** –

**Wednesdays at 10:30 in Room 232.** Ruth Johnson will be teaching this class. Ruth will also teach advanced knitters how to knit new stitches. Join us to create the 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 Room 232**. 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 – The October stamping class is on Monday, the 19th, from 1 to 3 p.m. in Room 232 with Becky Eldridge. Held every third Monday of the month.

BIBLE STUDY – Tuesdays from 10:30 to 11:30 am in the ED Room 241. Jim Reese conducts the studies.

ALLEGHENY BELLES LINE DANCING PRACTICE – Tuesdays and Wednesdays in the ACC Line Dancing Studio from 12:45 to 2:00 p.m. Men and women are invited to try to find out if they want to do it. There’s great music, a variety of dance steps and an enjoyable way to get exercise.

CRAFTS WITH OLIVIA CLASS - Monday, October 12th, from 9:30 to Noon. It will meet monthly on the 2nd Monday. The first craft project will be to make wet felted beads. They can be strung and worn as beautiful jewelry to compliment your outfits. You MUST sign up for this class in advance by calling the receptionist at 723—3237.

REFLEXOLOGY - Wednesday, October 28 from 12:45 to 1:45 in Room #232 with Denny Mason. Learn about the health benefits of reflexology and breatheology.

EXERCISE WITH SUSAN TOOMBS TOTAL FITNESS CLASS at 1:15 pm on Mondays and Wednesdays. 6 week sessions $35 for once a week; $58 for twice a week; $75 for three times a week.

YOGA FIT CLASS – Mondays and Wednesdays at 5:15 -6:30; Fridays at 12:15 to 1 pm in the Ed Room. Yoga-Fit with Susan Toombs combines the science of exercise with flexibility and strength of yoga for a healthy body, better stamina and peaceful mind. Cost $35 for once a week for a six-week package. $60 for twice a week.$7 per class.

HEALING YOGA - Tuesdays at 5:15 - 6:30 p.m. This class is designed to reduce stress and encourage the body to reach its potential. The easy and effective approach will help you achieve a restorative balance of peace and well being. $35 for a six week session. Please feel free to combine this with any of the yogafit classes if you would like to attend more often.
Join a Yoga Class that fits your Healthy Lifestyle!!!!

The ACC offers two different types of Yoga.
- Yoga Fit increases your flexibility and strength.
- Healing Yoga reduces stress bringing the body back into balance with a peaceful mind.

With the winter months fast approaching Yoga Classes at the ACC is a safe way for both the mind and body to stay in shape!
(details of these and other great classes at the ACC are on pages 9 & 10)

Warren Christian Women’s Connection invites you to their fall festival luncheon on **Tuesday, October 13 from 12 noon to 2 p.m.** in the ACC dining room featuring Favorite Auctioneer Jeri Fox. Speaker Christine Koons from Dansville, PA saying “Uh oh: time for a new coat.” For details and to make reservations, call Lee Jones at 723-5952 by October 8th.

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**SENIOR EXPO**

**2015**

Brought to you by the Warren/Forest Eldercare Council

**Friday, October 30th 9 am—1 pm** in the TAWC/ACC Building

Over 80 Vendors –Free Health Screenings–Lunch & More!!!!

Call the ACC at 723-3237 for more information

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**SUNSHINE MIXED LEAGUE BOWLING RESUMES AT RIVERSIDE LANES, LUDLOW STREET IN WARREN High Scores - September 2015-2016 Season**

<table>
<thead>
<tr>
<th>Women's</th>
<th>Men’s</th>
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<tbody>
<tr>
<td>Rita Hawk  512 (173)</td>
<td>Tom Geigerich 525 (193)</td>
</tr>
<tr>
<td>Annie Selan 451 (162)</td>
<td>Harry Gnage 521(197)</td>
</tr>
<tr>
<td>Kelly Dunn  412 (174)</td>
<td>Ken Rowland 508 (180)</td>
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<td></td>
<td>Gene Sanden 505 (210)</td>
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<td></td>
<td>Val Condio 476 (177)</td>
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<td>Earl Ross  451 (181)</td>
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The successful summit provided a catalyst for dialogue among health professionals and trail providers to increase awareness of the importance of health and wellness and to build more walkable communities like the Walkable Warren initiative.

Pennsylvania's Secretary on Aging Teresa Osborne stops at Experience, Inc. for lunch before attending the Summit. Ms. Osborne is pictured front row first on the left.

Participants at the seminar for Trails, Tunnels, and Trusses.

Managing Different Types of Trails

GPA and GIS: There’s an App for That!

Thank you to all of our participants, speakers, organizers, and volunteers for making the 2015 Greenways & Trails Summit a success!

Thank you to the Allegheny Community Center for providing the perfect community venue to host this event.

A special thank you to all our sponsors for helping to fund this beneficial public event!
Mr. Richard Campbell was honored at the August 26th meeting of Experience’s Board.
Mr. Campbell was on the Board of Director’s since he became a Commissioner for Warren County in 1992. He dedicated 23 years of time and effort to the consideration of not only our senior population but to the development of our local community as a whole.
All of us at Experience, Inc. and the Allegheny Community Center wish you the best!

The Plaque Reads:

With heartfelt gratitude, Experience, Inc. would like to thank you for your commitment to our community and your many years of dedicated service.
Getting Ready for Medicare or Already a Recipient?
Let us help you with Medicare Basics, and Part D Prescription Plans.

And don’t forget Open Enrollment!!

October 15 – December 7 at the ACC

- Make sure you meet all enrollment deadlines
- Choose a coverage that meets your needs
  - Learn ways to save money

CONTACT: WARREN-FOREST AGENCY ON AGING
905 Fourth Ave., Warren, PA 16365
Phone: (814)723-3763 Ext. 123
Toll Free: (800)281-6545

If you need help
Elaine Krill will be at the Allegheny Community Center’s Computer Lab every 3rd Thursday of the Month from 9:00—3:00.

Call APPRISE for Free one-on-one 1-800-281-6545

APPRISE is a free, public program of the Pennsylvania Department of Aging. We are here to give unbiased advice. We do not sell or endorse any insurance plans or products.
SERVING THE NEEDS OF CITIZENS IN WARREN & FOREST COUNTIES

Experience, Inc. is the Area Agency on Aging
905 4th Ave Warren, PA 16365 814-723-3763

♦ Allegheny Community Center (ACC) 723-4180 & 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
25 First Street, Tidioute, PA 16351