

The Voice of Experience

Warren & Forest Counties
Area Agency on Aging

49 Years of:
Experience, Inc.

905 4th Ave
Warren, PA 16365 (814) 723-3763

2017



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Pennsylvania Department of Aging to Remain in Place

On Monday, July 10th, Governor Wolf allowed the proposed Pennsylvania Budget for the 2017/18 fiscal year to become law. Although there remains work to be done on the revenue plan to pay for it, the spending plan was agreed to by the House of Representatives, State Senate and Governor. An important piece of that spending plan was that the proposed consolidation of the Department of Aging into a mega structure along with the Department of Human Services, Department of Health and the Department of Alcohol, Tobacco & Drugs **did not occur**.

The Department of Human Services and Department Health will still merge into one. The Department of Aging, however, will remain a stand-alone Agency with a Cabinet level Secretary serving the needs of older Pennsylvanians. This is fantastic news for the seniors in our communities! Many of you had deep concerns about the proposal to dismantle the Department of Aging. You spoke up by contacting your Legislators and the Governor's office. Your voices were heard, here and collectively across the State. We, as a part of an Area Agency on Aging, will constantly do whatever we can to advocate on behalf of our seniors, it is a part of our mission. However, when those who could be affected the most stand up and advocate for themselves, it will always make a bigger impact. You did a great job!

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 DAIRY DELIGHT : Wednesday, August 2nd at 1:00. Meet in the coffee lounge at 12:45.

TRIP TO WARREN CO. FAIR : Wednesday August 9th at 10 am. It's the annual trip to the Warren County Fair. Board the bus at TAWC at 10am and return to TAWC at 2:30pm. Cost is 50 cents each time you board the bus. Senior Citizens reduced gate fee \$4.00 with a Medicare card. General Admission is \$10.00. Lunch on your own. Call 723-3237 for reservations or call 723-3237.

PRESENTATION - Wed, August 16th at 12:30. Tom Kollar will be presenting Santorini possibly Atlantis.

OUT AND ABOUT- Thursday, August 17th Join us for another "round" at a local Golf Course/Restaurant Jackson Valley Golf Club and Restaurant is our destination. Sign up at the receptionists desk 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, August 21st at 11:00 am in the dining room. One more fantastic Dessert from the strawberry patch.

COOL EATS COOL TREATS: Wednesday August 23rd at 1:00. Lets beat the heat. Meet in the kitchen and whip up something cool and refreshing.

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 August 8th at noon. Your reservation for this lunch must be made by calling Lee Jones at 723-5952 by August 4th. Featuring- Lucy Masterson on houseplant care. Music Provided by Denise Uhlman. Speaker Jan Edgerton from Newfane, NY

TRASH AND TREASURE BINGO: Wednesday August 30th from 12:30 TO 1:30.

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

HAND AND FOOT PLAYERS NEEDED. If you know how to play Rummy you know how to play Hand and Foot, COME JOIN IN THE FUN! Hey, it beats sitting and watching the paint dry. **Contact Lynda at 723-3237 ext.10 if your interested in playing or learning how to play.**

AARP SAFE DRIVER COURSES, 2017 FOR Pennsylvania Drivers @ ACC

September 6&13 both on a Wed. 8hr 8:30-12:30

October 11 Wed. 4hr 8:30-12:30

November 1& 29 both on a Wed. 4hr. 8:30-12:30 8:30 - 12:30

December 6&13 both on a Wed.8hr

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.

BOCCIE - 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.

WANTED CRIBBAGE PLAYERS : CONTACT Lynda at 723-3237 Ext. 10



Hospice
of Warren
County

Neighbors Caring
For Neighbors
Since 1979

723-2455

Palliative Care

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

hospiceofwarrencounty.com



For More information on Events, Classes, and Programs visit the New ACC Website at www.alleghenycommunitycenter.com

What's Happening at the Endeavor Senior Center? 463-7774

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

Adult Coloring every Monday, Tuesday, Thursday
Games—every Monday after lunch, Bingo—every Tuesday after lunch



The Sheffield Area Hospitality Center is open Monday, Thursday & Friday 9-4

- 1 Sheffield Kitchen Band will be at Rouse Suites at 2:00.
 - 3 Pool & Games 9 am, Advisory Council mtg. 10:30 Exercise 3-4
 - 4 Pool & Games 9 am, Bake Sale (cookies only) at MUSIC ON THE MOUNTAIN
 - 7 Blood Sugar testing 8:30-11:30 Pool & Games 9 am Exercise 3-4
 - 9 Senior Day at Warren County Fair
 - 10 Pool & Games 9 am Exercise 3-4
 - 11 Pool & Games 9 am
 - 14 Pool & Games 9 am, Speaker on 'Prescription Drugs' 11 am Exercise 3-4
 - 15 Mystery Lunch pick up starts 11 am
 - 17 Pool & Games, 'Luau Lunch' Exercise 3-4
 - 18 Pool & Games 9 am,
 - 19 Sheffield Fireman's Festival & Parade at 1 pm
 - 21 Pool & Games 9 am, Exercise 3-4
 - 22 'Senior Afternoon Out' Lunch & shopping pick up starts 11 am
 - 24 Pool & Games 9 am, Exercise 3-4
 - 25 Pool & Games 9 am
 - 28 Pool & Games 9 am, Blood Pressure testing 11-12 Exercise 3-4
 - 30 Shopping in Erie for the day pick up 8:30 YOU MUST PAY \$3.15 when you get on Erie stops 50c each time then pay \$3.15 on way home EXACT CHANGE REQUIRED
 - 31 Pool & Games 9 am, Birthday/Anniversary Lunch Picnic 12 after play 'Rip Off' Bring a wrapped gift
- Every Monday & Thursday exercise from 3-4 by DVD's FREE
- Every Wednesday make appointments, shop & lunch in Warren with TAWC
- A reminder: LUNCHES—you MUST sign up weekly as we call in on MONDAYS
- Need the bus—you MUST sign up weekly and have your 50c ready to pay NO CHANGE will be made by driver

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.

June 12-13—The Sight & Sound Theater presents the newest production of 'JESUS' in Lancaster, Visit the famous Kitchen Kettle Village, the Village Farm Market & a stop at Hershey's Chocolate World, Amish Dinner, Hotel & transportation included \$249

September 18-21—Wildwood, Cape May, Atlantic City & Philadelphia, tour the highlights of these famous cities \$449 (dbl)

BROCHURES AVAILABLE



We will be off to Jackson Valley for this month's Out and About on Thursday July 20th. TAWC will pick us up at 4:00 at the ACC or at your home between 3:30 and 4:00.

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

Jackson Valley Golf Cub.

Appreciating our area again and again !!

Does your diet contribute to improving your memory?

The research is clear: What you eat has a big impact on your brain. In fact, the right foods — and combinations of foods — can enhance memory, build new brain cells and even help ward off Alzheimer's.

Scientists are increasingly examining whole food groups — and diets — to determine which ones contribute to better cognition and which seem to hinder it. They've found that certain eating plans — including the Mediterranean diet, the DASH (Dietary Approaches to Stop Hypertension) diet and a hybrid of the two, dubbed the MIND diet — can help stave off cognitive decline and protect the brain against disease. The MIND diet, developed by researchers at Rush University in Chicago, slashed the risk of developing Alzheimer's by as much as 53 percent. (MIND stands for Mediterranean-DASH Intervention for Neurodegenerative Delay.) Even those who followed the diet moderately had a 35 percent lower risk of Alzheimer's.

Why the MIND advantage? Like the Mediterranean and DASH diets, the MIND diet emphasizes fish, vegetables, nuts, whole grains, beans and a daily glass of wine. But MIND goes one step further, specifying brain-boosting produce such as berries and leafy greens. According to study author Martha Clare Morris, professor of nutritional epidemiology at Rush, people who ate one to two servings of green leafy vegetables a day were cognitively 11 years younger than those who ate fewer greens. Blueberries may have the best cognitive perks. Some examples of foods are:

1. Olive oil, green tea and leafy greens (broccoli, spinach and kale)
2. Beets, tomatoes and avocados
3. Nuts (especially walnuts), curcumin and pomegranates
4. Fish, blueberries, grapes, coffee and dark chocolate

"Follow the Mediterranean or the MIND diets and your mind will be sharper in six months — and less susceptible to Alzheimer's disease decades later," agrees Majid Fotuhi, M.D., medical director of NeuroGrow Brain Fitness Center and affiliate staff at Johns Hopkins Medicine in Baltimore. What makes these diets so powerful? Key foods within them have different brain-boosting benefits, Fotuhi says. Emphasize even a few of these and your brain will thank you for years to come.

Resource— <http://www.aarp.org/health/brain-health/info-2015/brain-diet.html>

ALWAYS CONSULT YOUR PHYSICIAN BEFORE CHANGING YOUR DIET



Allegheny Volunteer Alliance



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 and for clean up for meal service.

Custodial Service—Love to clean? Volunteers are also needed at the ACC to assist the staff with daily or weekly cleaning.

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.



MONDAY	TUESDAY	WEDNESDAY
<p>Coloring : Not just for kids Did you know it decreases stress, activates the brain, both the logical and creative parts ? Reduces Anxiety ,PTSD, and replaces negative thoughts with positive ones(like walking in the woods) reduces mind chatter and helps you to relax ?</p>	<p>1 Teriyaki Chicken 9:30 Painters Meet 10:00 Bible Study 11:00 Healthy Steps 12:30 Bridge 12:45 Line Dance 1:00 Pinochle 1:15 Mall Walking</p>	<p>2 Salisbury Steak 9:00 Wednesday Workout 9:30 Pool 12:30 Cards 12:45 Line Dancing, Scrabble 1:00 Mah-Jongg 1:00 Trip to Dairy Delight</p>
<p>7 Meatloaf 9:30 Coffee, Pool 10:00 Blood Pressure 1:00 BINGO, Poker</p>	<p>8 Chicken Alfredo 9:30 Painters Meet 10:00 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</p>	<p>9 Spaghetti & Meatballs 8:00 Crime Stoppers 9:00 Wednesday Workout 9:30 Pool 10:00 TAWC to Fair 11:00 Brain Games 12:45 Line Dancing, Scrabble 1:00 Mah-Jongg</p>
<p>14 Chicken Marsala 9:30 Coffee, Pool 10:00 Blood Pressure 10:30 Pot Deco 1:00 BINGO- Poker</p>	<p>15 Cheeseburger 9:30 Painters Meet 10:00 Bible Study 11:00 Healthy Steps 12:30 Bridge 12:45 Line Dance 1:00 Pinochle 1:15 Mall Walking 2:00 Bocce</p>	<p>16 Baked Ham 9:00 Wednesday Workout 9:30 Pool 12:30 Cards, Speaker 12:45 Line Dance, Scrabble 1:00 Mah -Jongg</p>
<p>21 Sausage Scramble 9:30 Coffee , Pool 10:00 Blood Pressure 11:00 Make it Bake it 1:00 BINGO, Poker</p>	<p>22 Chicken Salad Sand. 9:30 Painters Meet 10:00 Bible Study 11:00 Healthy Steps 12:30 Bridge 12:45 Line Dance 1:00Pinochle 1:15 Mall Walking 2:00 Bocce</p>	<p>23 Glazed Pork Loin 9:00 Wednesday Workout 9:30 Pool 12:30 Cards 12:45 Line Dance, Scrabble, 1:00 Mah- Jongg 1:00 Cool Eats - Cool Treats</p>
<p>28 Pepper Steak 9:30 Coffee, Pool 10:00 Blood Pressure 1:00 BINGO– Poker</p>	<p>29 Chicken Cobb Salad 9:30 Painters Meet 10:00 Bible Study 11:00 Healthy Steps 12:30 Bridge 12:45 Line Dance 1:00Pinochle 1:15 Mall Walking 2:00 Bocce</p>	<p>30 Turkey Sausage Minestrone Bowtie Noodles 9:00 Wednesday Workout 9:30 Pool 12:30 Trash & Treasure Bingo 12:30 Cards 12:45 Line Dance, Scrabble 1:00 Mah- Jongg</p>

3 Baked Sausage
 9:00 Watercolor Class
 9:30 Stamping
 11:00 Healthy Steps Exercise
 12:00 Birthday Party
 12:30 TOPS
 12:45 Bingo
 2:00 Bocce

4 Tuscan Chicken
SHEFFIELD & ENDEAVOR

ACC CLOSED FRIDAYS

Calendar Highlights
Out & About
Trip to Warren County Fair
Trip to Dairy Delight
Guest Speaker
Illegal Drugs in our Area

10 Kielbasa
 9:00 Watercolor Class
 9:30 Stamping
 11:00 Healthy Steps Exercise
 12:30 TOPS
 12:45 Bingo
 2:00 Bocce

11 Breaded Lemon Pepper Pollock
SHEFFIELD & ENDEAVOR

ACC CLOSED FRIDAYS

50 Years Ago
 For the first time, an American Football League beat a National Football League. Denver beat Detroit 13-7 in a preseason game on August 5.
 Bobbie Gentry released her only hit, Ode to Billy Joe
 Beatles "All you need is Love" became No.1

17 Beef Burrito
 9:00 Watercolor Class
 9:30 Stamping
 11:00 Healthy Steps Exercise
 12:30 TOPS
 12:45 Bingo
 2:00 Bocce
 4:00 Out & About

18 BBQ Chicken
SHEFFIELD & ENDEAVOR

ACC CLOSED FRIDAYS

Remember to call 723-4180
by 11 am 2 days in advance
for lunch reservations.
Thank you!

24 Roast Beef Stroganoff
 9:00 Watercolor Class
 9:30 Stamping
 11:00 Healthy Steps Exercise
 12:30 TOPS
 12:45 Bingo
 2:00 Bocce

25 Baked Pollock
SHEFFIELD & ENDEAVOR

ACC CLOSED FRIDAYS



31 Stuffed Pepper
 9:00 Watercolor Class
 9:30 Stamping
 11:00 Healthy Steps Exercise
 12:30 TOPS
 12:45 Bingo
 2:00 Bocce

Daily Bistro Choices are:
Chef Salad \$4
Cottage Cheese/Fruit \$3

You do not have to call in advance for these meals but we appreciate it if you do!

Suggested Lunch Donation is:
\$3.00 for Over 60
\$4.00 for Under 60
We appreciate Your donation !



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

August 7 – Marienville Senior Center at 11:00
 August 14 – Sheffield Senior Center at 11:00
 August 16 - Endeavor Senior Center at 11:00
 August 28 – ACC at 12:15

Vision Screening by Carole Brosius from the Sight Center of Northwester PA

Aug 31 – Tidioute Senior Center

Healthy Steps in Motion Exercise Class – Tuesdays and Thursday at 11:00 at the ACC

Walking Wednesdays – Wednesday morning at 9:00 at the ACC

Mall Walking - Tuesdays from 1:15 to 1:45

Bocce – At the Warren Mall on Tuesdays and Thursdays

Center Information

Endeavor - Open Tuesday Wednesday Friday 9-3 463-7774

1st Tuesday of every month BP EVERY TUESDAY LRC

Marienville - Open Monday Wednesday Thursday 9-3 927-6607

Aug 2nd BP - Aug.7th Speaker Monday Jack Ogden With Attorney general. Aug 30th summer picnic, Mondays game day. Thurs craft & exercise day. BINGO every day.

Tidioute - Open Monday Tuesday Thursday 9-3 484-3020

Sheffield - Open Monday Thursday Friday 9-4 968-5667

1– Sheffield Kitchen Band playing at Rouse Suites at 2. 14th - Pool & Games 9 am : 11am Speaker on ‘Prescription Drugs’

30th Shopping in Erie for the day pick up 8:30 YOU MUST PAY \$3.15 when you get on Erie stops 50c each time then pay \$3.15 on way home EXACT CHANGE REQUIRED.

ONE STROKE PAINTING – Students meet on **Tuesdays at 9:30** in the dining room.

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.

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
Warren, PA 16365
814-726-9050 or 800-726-9051**

Medicare 101

GOING ON MEDICARE?

Not sure what it's all about?

WARREN-FOREST AREA AGENCY ON AGING
EXPERIENCE, INC.

IN CONJUNCTION WITH THE APPRISE PROGRAM
WILL BE PRESENTING AN

**“ALL YOU NEED TO KNOW ABOUT MEDICARE BUT
DIDN'T KNOW WHO TO ASK”**

INFORMATION SEMINAR AT

Warren Public Library

Wednesday, August 23, 2017

1:00 p.m.

Slater Room

COME IN AND BRING YOUR QUESTIONS!!

THERE WILL BE HANDOUTS.



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



If you have any questions or want to learn more about the Family Caregiver Support Program call your local Area Agency on Aging, Experience, Inc. at 814-723-3763 Ext.139.

SLEEMAN TRAVEL GROUP
3710 JACKSON RUN RD. WARREN, PA
Buses leave from the far end of
Market Street (along the river)

LOOKING FORWARD TO 2018

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.

Baseball pay on LV.
sign up

Aug. 24 Pirates/Dodgers \$63 11am

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)

φ Progressive-no line bi-focal (add \$30)





LINE-DANCING at ACC

Tuesdays and Wednesdays at 12:45

There is always room for more. Join in this fun exercise and sidestep your way to a better you .

The Older Adults Protective Services Act protects Pennsylvanians 60 years of age and older against physical, emotional, or financial abuse as well as exploitation, neglect, or abandonment. Reporting of abuse is mandatory for employees and administrators in care settings. Reporting abuse is voluntary and anonymous for the general public, and the law protects all reporters from retaliation and civil or criminal liability. Experience, Inc. your local Area Agencies on Aging receive reports 24 hours a day, 7 days a week, and are responsible to investigate within 72 hours.

Call 814-723-3763 or 1-800-490-8505.

Experience, Inc.
905 Fourth Avenue
Warren, PA 16365
814-723-3763
1-800-281-6545
www.experienceinc.org



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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 16351**