

49 Years of:
Experience, Inc.
905 4th Ave
Warren, PA 16365 (814) 723-3763



Join us for this educational and fun
Expo!



2017 Eldercare Senior Expo

FRIDAY, OCTOBER 27th 9 AM—12:30 PM

TAWC/ACC BUILDING, 42 CLARK ST, WARREN

*FREE BLOOD SCREENING THIS YEAR FOR THE FIRST 200 PEOPLE! CALL
JENNY ROHLIN AT WARREN GENERAL (723-3300 EXT 1789) TO SIGN UP.*

The Expo will have over 80 vendors providing health screenings, flu shots, giveaways, with a volunteer fair, a free lunch & more! For info call the Allegheny Community Center 814- 723-3237.

PLENTY OF PARKING IS AVAILABLE ON CLARK ST & THE TOPS MARKET LOT! A TAWC SHUTTLE BUS WILL RUN FROM THE PARKING GARAGE TO THE EVENT.

***Thank you to those who have donated to the
ACC Fundraiser Campaign!***

With your help it has been a wonderful success to date! If you have not made a

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

Painting with Gail- Wednesday October 4th at 12:30 in the dining room. Learn painting techniques but paint them on rocks!

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!

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.

MUG APPLE PIE - Wednesday October 11th at 1:00. Make an apple pie in a mug! Enjoy one of autumn's favorite foods.

OUT AND ABOUT- Thursday, October 19th. Richards in Youngsville is our next stop on the expressway to more fine dining in our area. 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, October, 16th at 11:00 am in the dining room. Lets make something for Halloween!

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 **October 10th at noon.** Your reservation for this lunch must be made by calling Lee Jones at 723-5952 by Oct.5th. Featuring Various Basket Raffles. Speaker : Tim Griffith of Village Missions - Telling about the goals of Village Mission Ministry

BLOOD PRESSURE TEST - 10 to11 am every Monday morning!.



AARP SAFE DRIVER COURSES, 2017 FOR Pennsylvania Drivers @ ACC

***October 11—refresher course, Wed. 4hr 8:30-12:30. Bring a friend or Spouse, for them its free!**

***November 14-20, 2017, 4hr 8:30-12:30, Wed. 8:30-12:30**

Emergency Care - A representative from Emergency Care will be here Tuesday, October 17th from 11:30 till 1:00 sign ups, Q&A, and a presentation at noon.

Balance Screening by the Rouse Home - Thursday Oct.19th from 10:30- 1:00.

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

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

TRASH AND TREASURE BINGO – Wednesday, September 27th 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.

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.

Fun at ACC making slime, just in time for Halloween! Not only will your grandchildren love it but you may get addicted too ! Want the recipe ? See Lynda.



**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.alleghecommunitycenter.com](http://www.alleghecommunitycenter.com)

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

October's Events:

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.

ANNOUNCEMENT—WE ARE SEARCHING FOR A NEW CENTER COORDINATOR FOR MARIENVILLE! IF YOU ARE INTERESTED IN THE POSITION PLEASE CALL SUSAN HIMES AT THE ACC!

October's Events :

Open Monday, Wednesday, Thursday, from 9am to 3pm, call 814-927-6607

Bingo every day after lunch. Mondays - Game day with Left, Right Center; Phase10, Trivial pursuit. Wednesday - Exercise. Thursdays-craft day. Flu shots on the 2nd.

October 4th Blood pressure; 12th - 50/50, Bonus Bingo; 19th Trip to Pittsburgh at Carnegie Lv. at 8:00 AM from Marienville Center; 26th 50/50.Monday; Oct.30th Halloween Party



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

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

Octobers events:

**Games every Monday after lunch
Every Monday, Tuesday & Thursday - Adult Coloring.**

Every Tuesday after lunch - regular Bingo.



October's Events.

2 Pool & games, exercise 3-4

3 Sheffield Kitchen Band playing at the Watson Home

4 Home Makers 10-12

5 Pool & games, Advisory council meeting 10:30, Bingo after lunch, exercise 3-4

6 Pool & games

9 Blood sugar test. 8:30-11:30, Pool & games, speaker 'Old Time songs' 11, exercise 3-4

12 Pool & games, Bingo 12:30, exercise 3-4

13 Pool & games

16 Pool & games, FLU SHOTS 10-12, Exercise 3-4

17 Mystery lunch 11 am

18 Home Makers 10-12

19 Pool & games, Bingo 12:30, exercise 3-4

20 Pool & games

23 Pool & games, Blood pressure test 11-12, exercise 3-4

25 Shop Erie with friends

26 Pool & games, Birthday/Anniversary lunch, Bingo 12:30, exercise 3-4

27 Pool & games, Senior Expo 11

28 Sheffield Aux. Fire Dept. Craft Show 9-3

30 Pool & games, Monthly 50/50 drawing, exercise 3-4

31 'Spooky' Afternoon out for lunch & shopping



**Congratulations to
Sherry Servesko, the
Hospitality Director, on
her retirement and to
Kelly Nearing, our former
Marienville Center
Coordinator for assuming
Sherry's position!
Best Wishes to them both
from Experience, Inc.!**

TRIPS: 2018

June 12-13—Sight & Sound Theater in Lancaster for the newest production of 'Jesus', Kitchen Kettle Village, Village Farm Market, Hershey's Chocolate World, meals, driver tip & transportation. \$249 (dbl)

September 18-21—Cape May, Wildwood, Atlantic City & Philadelphia, exciting new package of New Jersey, lodging, meals, transportation \$449 (dbl)

October 5th we will see a full moon. The Colonial American full moon names are hunters moon and blood moon. Cherokee Indian name is month of the harvest moon, the Ojibwe or Chippewa Indian name is falling of the leaves moon. The Harvest moons name is because it rises a half hour after the sun sets. This, being





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.

Appreciating our area again and again !!



ACC Supporters

2017 Fundraising Campaign Donors

Thank you to the following Business or Organization Donors -

Celebrators — The Sokolski Family Fund

Friends —

- ◇ **Dru Shoenborn**
- ◇ **West Penn Oil Co., Inc.**

Investors —

- ◇ **Tidioute Senior Center**
- ◇ **Peter Hoffman, DMD, PC**
- ◇ **Terlin's Reflections**
- ◇ **Clarendon VFW Post 314**



**This fundraising campaign is
continuing throughout the fall.**

**You may send your tax-
deductible contribution to the:**

Allegheny Community Center

42 Clark Street

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.



<p>12:30 Scrabble 1:00 Bingo, Cards</p>	<p>12:30 Bridge 12:45 Line Dance 1:00 Pinochle 2:00 Bocce@ Betts</p>	<p>12:30 Cards, Rock Painting, Sunshine Bowling 12:45 Line Dance 1:00 Mah-Jongg</p>
<p>9 Burgundy Beef ~~~~~ 9:30 Coffee, Pool, Hand & Foot 11:00 Craft Fun for Halloween ~~~~~ 12:30 Scrabble ~~~~~ 1:00 Bingo, Cards</p>	<p>10 Pork Chop 10:00 Bible Study 11:00 Healthy Steps 12:00 Christian Women's Lunch & Meeting 12:30 Bridge 12:45 Line Dance 1:00 Pinochle 2:00 Bocce at Betts</p>	<p>11 Pizza Burger 8:30 AARP Refresher Course 9:00 Wednesday Walk 9:30 Pool 11:00 Brain Games 12:30 Cards, Sunshine Bowling 12:45 Line Dancing 1:00 Mug Pie, Mah-Jongg</p>
<p>16 Chicken Alfredo 9:30 Coffee, Pool, Hand & Foot 10:00– 11:00 Blood Pressure 12:30 Scrabble 1:00 Bingo, Cards</p>	<p>17 Pot Roast 10:00 Bible Study 11:00 Healthy Steps 11:30 EmergyCare 12:30 Bridge 12:45 Line Dance 1:00 Pinochle 2:00 Bocce @Betts</p>	<p>18 Kielbasa 9:00 Wednesday Walk 9:30 Pool 12:30 Cards, Sunshine Bowling 12:45 Reflexology, Line Dance 1:00 Mah-Jongg</p>
<p>23 County Fried Steak for Tidioute & Endeavor <u>ACC CLOSED TO</u> PREPARE FOR SENIOR EXPO ON FRIDAY THE 27TH</p>	<p>24 Crab Cake 10:00 Bible Study 11:00 Healthy Steps 11:30 Sheffield Kitchen Band 12:30 Bridge 12:45 Line Dance 1:00 Pinochle 2:00 Bocce@ Betts</p>	<p>25 Roasted Pork Loin 9:00 Wednesday Walk 9:30 Pool 12:30 Rouse Trash & Treasure, Cards, Sunshine Bowling 12:45 Line Dance 1:00 Mah-Jongg</p>
<p>30 Chicken Marsala 9:30 Coffee, Pool, Hand & Foot 12:30 Scrabble 1:00 Bingo, Cards</p>	<p>31 Bratwurst 10:00 Bible Study 11:00 Healthy Steps 12:30 Bridge 12:45 Line Dance 1:00 Pinochle</p>	

<p>11:00 Healthy Steps Exercise 12:00 Birthday Party @ lunch 12:30 TOPS 12:45 Bingo</p>	<p>ACC CLOSED FRIDAY</p>	
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<p>12 Chicken/ White Bean Chili 9:00 Watercolor Class 9:30 Stamping 10:00 Scarecrow 11:00 Healthy Steps Exercise 12:30 TOPS 12:45 Bingo</p>	<p>13 Crab Cake SHEFFIELD & ENDEAVOR</p> <p>ACC CLOSED FRIDAY</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 but we appreciate it if you do!</i></p>
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<p>19 Beef Burrito 9:00 Water Color Class 9:30 Stamping 10:30 Balance Screening 11:00 Healthy Steps 12:30 TOPS 12:45 Bingo 2:00 Bocce@ Betts 4:00 Out & About</p>	<p>20</p> <p>Turkey/Stuffing SHEFFIELD & ENDEAVOR</p> <p>ACC CLOSED FRIDAY</p>	<p>Remember to call 723-4180 by 11 am 2 days in advance for lunch reservations.</p> <p><i>Thank you!</i></p>
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<p>26 Chicken Picatta 9:00 Watercolor Class 9:30 Stamping 11:00 Healthy Steps Exercise 12:30 TOPS 12:45 Bingo 2:00 Bocce@ Betts</p>	<p>27 Roast Beef Sandwich SHEFFIELD & ENDEAVOR</p> <p>THE ACC WILL BE OPEN FOR THE SENIOR EXPO!</p> <div data-bbox="814 1218 997 1364" style="border: 1px solid black; border-radius: 15px; padding: 5px;"> <p>Flu Shots & blood screening available</p> <p>9 am-12:30</p> </div> <div data-bbox="997 1201 1260 1372" style="border: 1px solid black; border-radius: 50%; padding: 10px; text-align: center;">  <p>LUNCH FREE Hot Dogs & Sloppy Joes</p> </div>	<div data-bbox="1339 1079 1732 1258" style="border: 1px solid black; padding: 10px; text-align: center;">  <p>The Nutrition Group</p> </div>
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	<p>Suggested Lunch Donation is: \$3.00 for Over 60 \$4.00 for Under 60</p>
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Flu Shot Schedule—Medicare Card required!

Flu shots administered by Gaughn's Drug Store
Self Pay—\$30.00 for three strain immunization
\$40.00 for four strain immunization



October 2 - Marienville Senior Center from 9:00 to 11:30

October 16-Tidioute Senior Center from 9:00 to 11:30

Songs for Seniors - with Diane Scarcella. Sing-a-long to all your old favorites

October 9 - Sheffield Senior Center at 11:00

Balance Screening - screening by The Rouse Home

October 19 - Allegheny Community Center from 10:30 to 11:30 in the dining room

Healthy Steps in Motion Exercise Class - Tuesdays and Thursdays at the ACC from 11:00 to 11:30. FREE! This class strives to reduce the risk of falling by:

- Building body strength
- Increasing flexibility
- Improving balance

Walking Wednesdays at 9:00 at the ACC

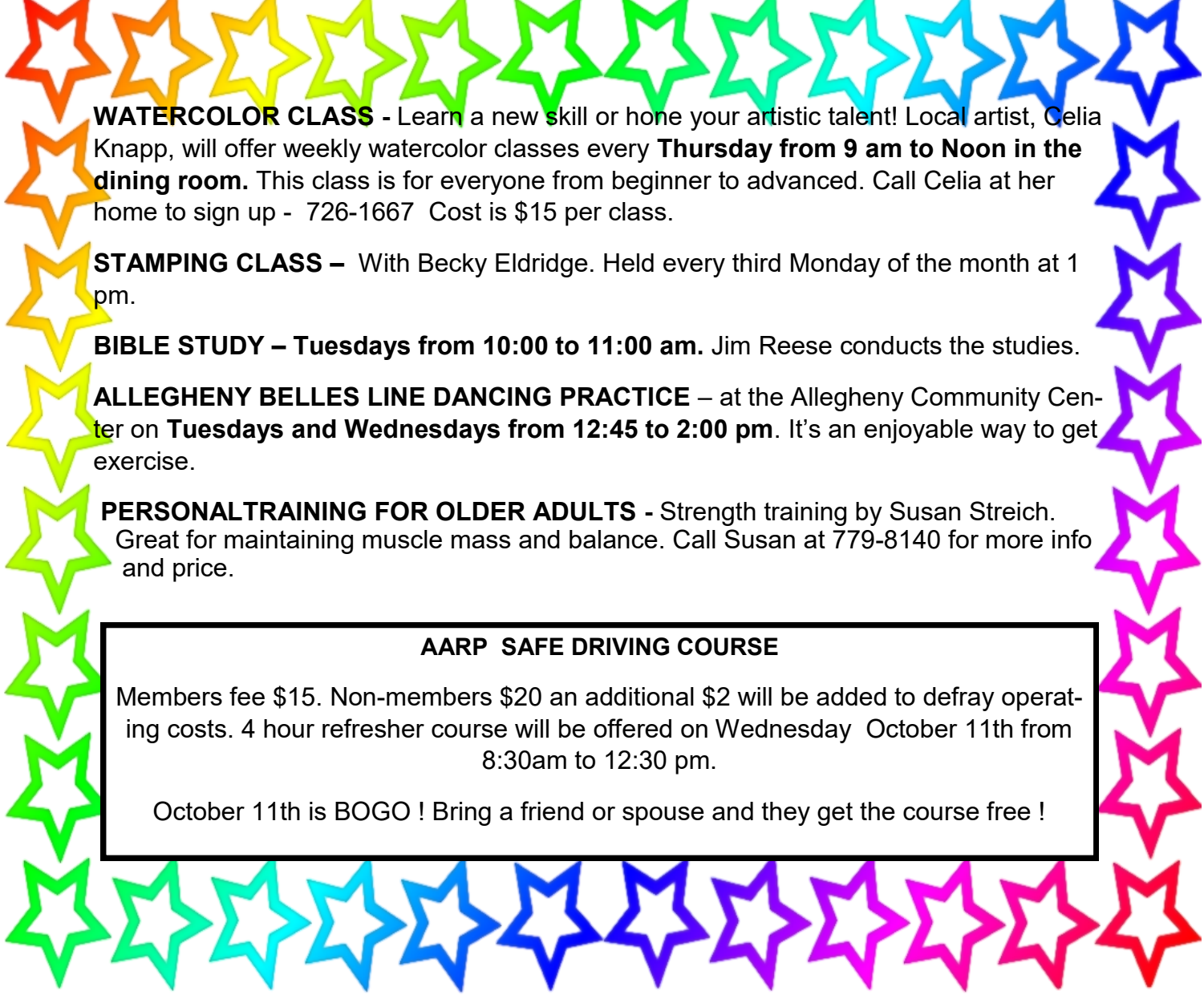
Bocce at Betts - Tuesdays and Thursdays at Betts bocce court from 2:00 to 3:00.

Check out this article— 12 Benefits of Walking

at <http://www.arthritis.org/living-with-arthritis/exercise/workouts/walking/wow-of-walking.php>

Walking is easy to do and offers many benefits, especially for people with arthritis—

1. Walking improves circulation. 2. Walking shores up your bones 3. Walking leads to a longer life. 4. Walking lightens mood. 5. Walking can lead to weight loss. 6. Walking strengthens muscles. 7. Walking improves sleep. 8. Walking supports your joints. 9. Walking improves your breath. 10. Walking slows mental decline. 11. Walking lowers Alzheimer's risk 12. Walking helps you do more, longer!



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 – With Becky Eldridge. Held every third Monday of the month at 1 pm.

BIBLE STUDY – Tuesdays from 10:00 to 11:00 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.

AARP SAFE DRIVING COURSE

Members fee \$15. Non-members \$20 an additional \$2 will be added to defray operating costs. 4 hour refresher course will be offered on Wednesday October 11th from 8:30am to 12:30 pm.

October 11th is BOGO ! Bring a friend or spouse and they get the course free !

CTI

THE CHOICE IS CLEAR

CTI PHYSICAL THERAPY

“Feel the Difference”

2265 Market Street, Suite A



MEDICARE D PLAN?

**NOT SURE WHAT MEDICARE IS ALL
ABOUT?**

**CALL ELAINE KRILL AT EXPERIENCE, INC.
YOUR AREA AGENCY ON AGING**

AT 723-3237 EXT 123 FOR ANSWERS!

Grandma's Holiday Cookies

*Freshly made Christmas Cookies just in
time for the holidays!*





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



TRIPS IN 2017

Oct.10-12Pittsburgh- \$389.00pp

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.



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)



Thank you to the following Individual Donors—

Platinum – Henry Hus, Nancy North & Zelda Kittell

Gold – Sally Clark, Shirley Hitchcock, Sandra Morris, John & Cindy Jarzab, Sylvia Follett, Salvatore Casanova

Silver – Charles Merroth, Robert Cisek, Peg Stino, Eunice Bish, Angela Reitz, William Manning, William Johnson, Shirley Betts, Beverly & Gary Tipton, Fran Aldrich Perrin, Ellen Wozneak, Doug Jones, Phyllis & George Broadbent, Lynn & Mark Espin, Richard N Swanson, Anne & Carl Wolf, Judith Wilson, Larry & Sue Himes

Bronze – Evelyn Eaton, Nancy Lyon, Marilyn Dahlgren, Carole Kula, Susan Morley, Jerry & Norma Bankoske, George Yeagle, Jr., Jetta Bishop, Patricia Bratz, Nancy A Nichols, Phyllis Clayton, Julia Ziki, Judy Hartley, John & Sylvia Zavin-ski, Kathleen Sears, Clair & Patti Benson, Jacqueline L Rhodes, Marilyn Gus-tafson, Fred & Gloria Stanton, Mary Massa, Elizabeth McPherson, Jim & Carol Lopez, Kathy McLaughlin, Patrick Williams, Martha Rodgers, Mary R Schorman, Lois Gettings, Jill Dart, Betty A Chase, Clair & Marian Beardsley, Betty Carlson, Beverly Polley, Stephanie Maze, James Reese, Ron & Kitty Morse, Patricia Wat-son, Lois J Stapfer, Carol Christensen, Janet I Keller, Jacqueline Cunningham, Jerry & Char Corbran,

All others – Marilyn English, Rita Gillespie, Joan Madigan, Nancy J Schuyler, Renee & Chuck Tower, Patricia Stanton, Rosalie Logue, Ingrid & Jim Fitzgerald, as well as several anonymous donors!

The Older Adults Protective Services Act -

Protects Pennsylvanians 60 years of age and older against physical, emo-tional, 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 liabil-ity. *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*



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 16254**