

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



**INSIDE THIS
ISSUE:**

What's Happening at your center	2
Center	- 5
OUT AND ABOUT	6
Calendar of Events, Programs, Classes, And Menu	8 - 9
Prime Time Health	10
Medicare Part D Open Enrollment	12
Care Givers Support Groups	13
Optical Clinic	14
Eat your Veggies!!	15



Experience, Inc. Your Local Area Agency on Aging for Warren and Forest Counties.

**905 4th
Warren, Pa 16365
(814) 723- 3763
1- 800 - 281- 6545
info@experienceinc.org
www.experienceinc.org**

Experience, Inc. is committed to caring for our senior community.

For all our local community seniors have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by making sure that our local communities are good places in which to mature and grow older – places in which older people can participate to the fullest and can find the encouragement, acceptance, assistance, and services they need to continue to lead lives of independence and dignity.

Start Receiving Services

The Intake Specialist at Experience, Inc. can provide you with information on support services available to allow you to remain safely in your home. Intakes for all the programs can be done over the telephone, through a scheduled appointment in the office, or start the process online at www.experience.org.



If you are homebound and need help

The ACC is open from: 8:30 AM—4:00 PM Monday, Wednesday & Friday
8:30 AM—7:00 PM on Tuesday and Thursday

BOCCE on Monday at ACC - Join in the fun every Monday at 10:00 am. It's easy to play and fun to learn.

HAND AND FOOT WILL BE PLAYED EVERY WEDNESDAY AT 12:30 in the recreation room. If you play rummy, you can play Hand and Foot. Newcomers are always welcome.

CARDS – Wednesdays at 12:30 am and Fridays at 1:30 pm.

**SUNSHINE BOWLING LEAGUE - Every Wednesday 12:30 pm at Riverside Lanes.
For details for the 2016-2017 season and sign up call Zelda at 406-4216. Subs are needed.**

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.

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 Tuesday, Sept. 13th at 12 noon. This month we will have Tammy Marie's custom made items. Marian Hartley will be our guest presenter and she will be speaking about, "A Missionary Life in Alaska". Geri Fox will provide music. Your reservations for this lunch must be made by calling Lee Jones at 723-5952 no later than Sept. 8th.

ERIE ZOO TRIP– Wednesday, September 7th. Board the bus at TAWC at 7:30 am, stop at McDonalds in Corry for breakfast from 8:15 to 9:00, then on to the zoo. Stop for ice cream at TJs on the way home. Return by 4:00. Cost 25 cents each time you board the bus. Admission is \$7.00 for those over the age of 62 and \$9.00 for younger adults. Lunch on your own. Call 723-3237 for reservations.

OUT AND ABOUT– This month we will have two trips for Out and About . The First Trip is on Sept. 9th at 1:45 to Tidioute for "cookies on the porch" and shopping. The Second Trip is on Sept. 30th at 12:45 to Tionesta Villages for, you bet, more shopping.

We need your support!

The Allegheny Community Center is partnering with the Hooktown Backpack Program to help raise funds for needed supplies to our local schools. We will accept monetary donations at the ACC. Call 723-3237 for more details.



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.

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.

TRASH AND TREASURE BINGO – **Fridays from 12:30 pm to 1:30 pm 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 Recreation Room. New players are welcome. Enjoy friendly competition!

PINOCHLE – **Tuesdays at 1 pm in the Education Room**. Beginners are welcome.

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

CRIME STOPPERS- Crime Stoppers Wednesday, September 21st..

Have fun while you exercise !!! We have a bocce court inside our facility... pleasant surroundings, air conditioning, and friendly people. You can be in a seated position or stand to play this game ...you only need 4 to play, so bring a friend, sign up for lunch, and have a little fun .
See Lynda for details.

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.allegHENYcommunitycenter.com](http://www.allegHENYcommunitycenter.com)

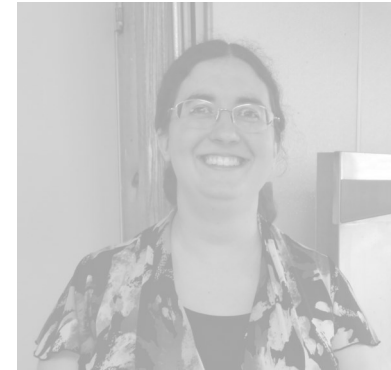
The Endeavor Senior Center is open Monday, Tuesday, and Friday from 9:00am to 3:00pm. Welcome to Endeavor's new Activities Coordinator Brandy Heathcote!

Don't forget to call 2 business days in advance AND BEFORE 11:00 AM to reserve your lunch! 814-723-3763. EXT. 129

September 19th at 11:00

Family Caregiver Support Program, Options Program, Assessment Review

Joy Wiedmaier will talk about these services that are available through Experience Inc.



Flu shots—October 17th (see page 10)

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

The Marienville Senior Center is open Monday, Wednesday, and Thursday from 9:00am— 3:00pm. Welcome to Marienville's new Activities Coordinator Kelly Nearing!



Don't forget to call 2 business days in advance AND BEFORE 11:00 AM to reserve your lunch! 814-723-3763 Ext. 129

Flu Shots September 28th

(see page 10)

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

Tidioute Senior Center is open from 9:00—3:00 Monday, Tuesday, and Thursday. Welcome to Tidioute's new Activities Coordinator Merla McAfoos!

Don't forget to call 2 business days in advance AND BEFORE 11:00 AM to reserve your lunch! 814-723-3763 Ext. 129

Flu Shots October 10th (see page 10)



1 Advisory Council meeting

5 CLOSED for Labor Day

6 Sheffield Kitchen Band @ Rouse Suites

7 Home Makers meet 10

12 Blood Sugar testing w/Esther 8:30-11:30

12 Speaker topic-'Family Caregiver'

13 Seneca Allegany Casino \$22

20 Mystery Lunch

21 Home Makers meet 10

26 Blood Pressure testing w/Vanessa

27 Senior Night Out

28 Shopping in Erie

29 Birthday/Anniversary luncheon

Every Monday & Thursday from 3-4 we exercise to 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 counts on Thursdays

A reminder need the bus---you MUST sign up weekly for the 'NEW' system

Every Monday & Thursday 3-4 exercise to DVD's Free

Every Wednesday shop, lunch & more with TAWC

Every Monday & Thursday from 3-4 we exercise to DVD's Free

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

TRIPS:

August 24-September 2—National Parks FULL

December 3, 'Festival of Lights' Visit the Woyshner's Christmas Shop, Guided tour of the Buffalo Botanical Gardens, Buffalo Market, dinner at Salvatore's Italian Gardens, experience the Festival of Lights at the Hamburg Fairgrounds. \$103

March 28—April 7, 2017—Panama Canal, the Engineering Marvel see it for yourself, then on to visit Aruba, Jamaica, Costa Rica, Columbia, flight to/from Buffalo to Ft. Lauderdale board the Princess 'Coral' pricing from \$2799. PASSPORT REQUIRED

**Don't forget to place your
lunch reservations 1 week in
advance !**



Director Sherri Servesko

Call to make reservations as seats are limited.



This month, on September 9th, we will be visiting Tidioute for cookies on the porch and a little shopping. We leave the ACC at 1:45 and return at 4:30. Sign up early at receptionists desk. Seats are limited and on a first come first serve basis.

We picked a beautiful day to ride out to Rim Rock and enjoy what is right here, less than 20 minutes from our back yards in Warren.



Fun at Rim Rock

Come and Join Us!

We combine a scenic drive around Warren County with eating at a different restaurant each month!

Join us September for a ride to Tidioute and to Tionesta

To reserve a seat call 814-723-3237.

There's never a dull moment!



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

AVA Volunteer Benefits

- ◆ Excess Insurance
- ◆ Recognition
- ◆ Referrals
- ◆ Opportunity to learn a new skill!

BECOME A VOLUNTEER!

Make a difference in someone's life today! Experience Inc., Warren/Forest Area Agency on Aging with the Allegheny Community Center (ACC) are looking for—

SENIOR CENTER

VOLUNTEERS

Help put nutritious lunch meals together for the senior citizens of our community. Assist with prep work in the kitchen prior to lunch, dish the food onto plates, help serve the meal, and lend a hand with clean up. Food arrives from a caterer already cooked.



Volunteers Make a Difference!

**Call Sue Himes for more information at
723-4180**



SEPTEMBER

<p>5</p> <p>Center Closed</p> <p>Labor Day</p>	<p>6 Breaded Pork Chop, Whipped Potatoes, Succotash, Bread, and a Cookie</p> <p>9:30 One Stroke Practice 10:30 Bible Study 11:00 Healthy Steps 12:30 Bridge 12:45 Line Dance 1:00 Pinochle 2:00 Bocce</p>	<p>7 Meatball Hoagie w/ Cheese sauce, coleslaw, mixed beans, fresh melon</p> <p>7:30 Trip to Erie Zoo 9:00 Walking at Betts Park 10:30 Knitting Class 12:30 Hand & Foot, Cards, Bowling 1:00 Mah-Jongg 12:45 Line Dancing, Scrabble</p>
<p>12 Chicken & Gravy, peas & carrots, Italian veggies, biscuit, applesauce, cookie</p> <p>9:30 Coffee & Conversation 10:00 Bocce, Blood Pressure 1:00 Bingo</p>	<p>13 Turkey Salad Sandwich lettuce, tomato, Pasta Salad 3 bean salad, bread, melon</p> <p>9:30 One Stroke Painting class 10:30 Bible Study 11:00 Healthy Steps 12:00 (CW) 12:30 Bridge 12:45 Line Dance 1:00 Pinochle 2:00 Bocce</p>	<p>14 Swiss Steak w/gravy, Whipped potatoes, bread, pudding</p> <p>9:00 Walking at Betts 10:30 Knitting Class 12:30 Red Cross Ready 12:30 Hand & Foot, Cards, Bowling 1:00 Mah-Jongg 12:45 Line Dancing, Scrabble</p>
<p>19 Sweet Sausage Sandwich w/ green peppers & onions, buttered potatoes, sliced carrots, van. Ice cream</p> <p>9:30 Coffee & Conversation 10:00 Bocce, Blood Pressure 1:00 Bingo, Stamping class</p>	<p>20 Stuffed Chicken Breast w/ gravy whipped potatoes green beans, bread, fruit</p> <p>9:30 One Stroke Painting class 10:30 Bible Study 11:00 Healthy Steps 12:30 Bridge 12:45 Line Dance 1:00 Pinochle 2:00 Bocce</p>	<p>21 Cheese Burger, lettuce tomato, macaroni salad, pickled beets, melon</p> <p>8:00 Crime Stoppers 9 -11:30 FLU SHOTS 10:30 Knitting Class 12:30 Hand & Foot, Cards, bowling 12:45 Line Dancing, Scrabble 1:00 Mah-Jongg</p>
<p>26 Meatloaf w/gravy Parsley Potatoes, Vegetable, bread, cake</p> <p>9:30 Coffee & Conversation 10:00 Bocce, Blood Pressure 1:00 Bingo</p>	<p>27 Ham & Swiss Sandwich Lettuce, tomato, fresh broccoli salad, melon</p> <p>9:30 One Stroke Painting class 10:30 Bible Study 11:00 Healthy Steps 12:30 Bridge 12:45 Line Dance</p>	<p>28 Vegetable Lasagna, toss salad, roll, peaches</p> <p>10:30 Knitting Class 12:30 Hand & Foot, Cards, bowling 12:45 Line Dancing, Scrabble Reflexology</p>

<p>9:00 Watercolor class 9:30 Stamping 11:00 Healthy Steps 12:00 Birthday Celebration, TOPS 12:45 Bingo 2:00 Bocce 5:00 Weight Watchers</p>	<p>10:30 Jammers 12:30 Trash & Treasure 1:30 Cards</p>	<p>\$3.00 for Over 60 \$4.00 for Under 60 We appreciate your donation!</p>
<p>8 Roasted Chicken w/gravy, Homemade Stuffing, Baby Carrots, Bread, Pineapple& Mandarin Oranges 9:00 Watercolor class 9:30 Stamping 11:00 Healthy Steps 12:00 TOPS 12:45 Bingo 2:00 Bocce 5:00 Weight Watchers</p>	<p>9 Potato Crusted Fish, Mac & Cheese , Stewed Tomatoes, Bread, Applesauce 10:30 Jammers 12:30 Trash & Treasure 1:30 Cards 1:45 Trip to Tidioute Garden Shop</p>	<p>Remember to call 723-4180 by 11 am - 2 days in advance for lunch reservations. <i>Thank you!</i></p>
<p>15 BBQ Pork Sandwich, Seasoned red Potato, Coleslaw, Fresh Melon 9:00 Watercolor class 9:30 Stamping 11:00 Healthy Steps 12:00 TOPS 12:45 Bingo 2:00 Bocce 5:00 Weight Watchers</p>	<p>16 Meat Lasagna w/Marinara Sauce Toss Salad, w/carrots, cabbage Italian Bread, Apple Crisp 10:30 Jammers 12:30 Trash & Treasure 1:30 Cards Lone Ranger premieres in 1949</p>	<p>Daily Bistro Choices are: <i>You do not have to call in advance for these meals but we do appreciate it if you do!</i> Chef Salad \$4 Cottage Cheese/Fruit \$3</p>
<p>22 Roast Pork Loin w/gravy, Scalloped Potatoes, California Medley, Bread, Cookie 9:00 Watercolor Class 9:30 Stamping 11:00 Healthy Steps 12:00 TOPS 12:45 Bingo 2:00 Bocce 5:00 Weight Watchers</p>	<p>23 BBQ Chicken Breast, Baked Potato Sweet Corn, Bread, Mandarin Salad 10:30 Jammers 12:30 Trash & Treasure 1:30 Cards</p>	
<p>29 Sweet & Sour Chicken w/Pineapple & Cherry Sauce, White Rice, Broccoli Medley, Bread, Fruit, Fortune Cookie 9:00 Watercolor class 9:30 Stamping 11:00 Healthy Steps</p>	<p>30 Turkey gravy over noodles, potato, carrots , bread brownie 10:30 Jammers 12:30 Trash & Treasure 12:45 Trip to Tionesta Village 1:30 Cards</p>	

Family Caregiver Support Program, Options Program, Assessment Review

Joy Wiedmaier will talk about these services that are available through Experience Inc.

September 12 - Sheffield Senior Center at 11:00

September 19 - Endeavor Senior Center at 11:00

Red Cross Ready - Disaster Preparedness for Seniors

Presented by Chris DeRosa from the American Red Cross

September 14—Allegheny Community Center at 12:30

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

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

Walking at Betts Park - Wednesdays from 9:00 to 10:00 am

September 14th will be the last day for walking at Betts.

The trail circle is 1.3 miles long...but you can adjust the distance of your walk to suit yourself. Turn right when entering Betts Park. We meet at the small gazebo by the boat launch. This is a weather permitting activity so check whether we are going or not please call the ACC at 723-4180 and ask for Lynn.



Flu Shot Schedule Medicare card required!

Flu shots administered by Gaughn's Drug Store

Self pay—\$30 for three strain immunization

\$40 for four strain immunization

September 21- Allegheny Community Center from 9:00 to 11:30

September 28 - Marienville Senior Center from 9:00 to 11:30

October 10 - Tidioute Senior Center from 9:00 to 11:30

October 17- Endeavor Senior from 9:00 to 11:30

October 24 - Conewango Towers from 9:00 to 10:00

Canterbury Court from 10:30 to 11:30

Save the Date!

The Eldercare Council Senior Expo

teaching class on September 13th.

KNITTING CLASS FOR BEGINNERS - Wednesdays at 10:30 in Room 232. 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 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 – September 19th from 1 to 3pm 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 – at the Allegheny Community Center in the VITA tax room on **Tuesdays and Wednesdays from 12:45 to 2:00 pm.** It's an enjoyable way to get exercise.

REFLEXOLOGY - Wednesday, September 28th at 12:45 with Denny Mason. Learn about reflexology and breatheology.

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.

YOGA— with Rick Nuhfer on Tuesdays from 5:00 to 6:30. \$7. **Class resumes September 27.**

Benefits of yoga include:

Increased flexibility. Increased muscle strength and tone. Improved respiration, energy and vitality. Maintaining a balanced metabolism. Weight reduction. Cardio and circulatory health. Improved athletic performance. Protection from injury.



THE CHOICE IS CLEAR

CTI PHYSICAL THERAPY

“Feel the Difference”

2265 Market Street, Suite A



Medicare Part D Open Enrollment is October 15th – December 7th!

Do you need help with your Medicare Part D Rx Drug Plan?

Have you had your plan checked in the last few years?

Did you know that your plan can change, sometimes significantly, from year to year?

Are you on the best possible plan for the prescriptions that you take?

Not Sure?

The APPRISE PROGRAM can help!

APPRISE is a free health insurance counseling program designed to help all Pennsylvanians with Medicare. Counselors are specially trained staff and volunteers who can answer your questions about Medicare and provide you with objective, easy-to-understand information about Medicare.

And did I mention it's FREE?!?

We will start taking appointments on

Wednesday, October 5th!

Questions? Call us at 1-800-281-6545 or

(814)723-3763 ext. 123

Forest County Residents

Please call the number above to schedule appointments in Marienville and Tionesta.



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.

One day trips -

September 11th \$68 Pirates vs Reds . Bus leaves CRI at 8 am.

September 23rd Ohio Amish Country, Holmes County, visit craft & food shops, a farm, outlet store, displays of old antiques, toys, housewares, tools, lamps, weather vanes and more including lunch at the Amish Door Village. \$80. Bus leaves CRI at 6:30 am.

October 7th Benezette, PA, tour Straub Brewing Co., visit Elk Museum and elk habitat. \$60. Bus leaves CRI at 10 am.

December 2nd Riverside Inn Dinner Theater, Cambridge Springs, See "A Christmas Pudding" composition of songs, poems and stories while enjoying dinner. \$65. Bus leaves CRI at 5 pm.

Call 814-723-7143 or 814-730-9364.

Email : mds3710@hotmail.com

www.sleemantravelgroup.com

Longer trips -

March 18-28, 2017—Panama Canal

May 28-June 9, 2017—

August 18-27, 2017—Western Canada via rail-meeting & slide show on Sept. 19 at 1:30pm at TOPS



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)



erences, culture and traditions. Think of each change as a “win” as you build positive habits and find solutions that reflect your healthy eating style.

Vary your veggies

- **Vary your veggies to include green, red, and orange choices.**
- **Add fresh, frozen, or canned vegetables to salads, side dishes, and recipes.**
- **Prepare your vegetables without sauces, gravies, or glazes to lower the amount of sodium, saturated fat, and added sugars.**

A variety of root vegetables like sweet potatoes, beets, and turnips make this colorful dish festive and nutritious.

4 root vegetables (choose a variety from potatoes, rutabagas, turnips, parsnips, beets, sweet potatoes, etc.)

2 carrots (chopped)

1 onion (medium, chopped)

1/4 cup vegetable oil

3 tablespoons Parmesan cheese

1. Preheat oven to 350 degrees.
2. Cut vegetables into large chunks.
3. Place in a medium bowl and pour oil over top. Add seasonings or Parmesan and mix well.
4. Spread an even layer on a baking sheet.
5. Bake for 1 hour or until tender. Check a few vegetables to see if they are tender.

You can find this and many more delicious recipes at:

<http://www.whatscooking.fns.usda.gov/>

USDA United States Department of Agriculture website called MyPlate

The site breaks down the recipes into how many different fruits, vegetables, grains, proteins or the dairy



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**