THE SUNSHINE LINE

Telephone:

(814) 849-3096 1-800-852-8036

Address:

186 Main Street, Suite 2 Brookville, PA 15825

Fax:

(814) 849-3232

Website:

www.jcaaa.org



Bill Sherman - Executive Director

Molly McNutt - Deputy Director

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An Enchanted Evening

A Senior Prom



Tickets are now available for the Senior Prom at the Pine Street Senior Center in Punxsutawney on Saturday, April 16th.

The prom will begin at 6:00. Join us for an evening of dancing, hors'd-oeuvres, sparkling cider, music, friends and fun! Formal wear is not required. Each ticket to the prom is \$3.00 and only 50 tickets are available. Please call 814-938-8376 for more information.

Certified APPRISE (Medicare)

Volunteer Counselors Needed!!

Are you looking for a challenging volunteer opportunity?

Do you enjoy learning about complex topics?

Are you good at analyzing and solving problems?

Do you like to work with people?

The APPRISE program may be just what you are looking for!

The next APPRISE training will take place in **March.** For more information about becoming an APPRISE Counselor, call Amy Zeitler, APPRISE Coordinator at 814-849-3096.

If you need help with Medicare, our volunteer APPRISE counselors can assist. Call 814-849-3096 for an appointment.

TAX

VITA Tax Appointments

The Area Agency on Aging VITA Program will once again offer free tax help to people who make \$54,000 or less and need assistance in preparing their own tax returns in Jefferson County, PA.

IRS certified volunteers will provide free basic income tax return preparation with electronic filing to qualified individuals. Volunteers are able to inform taxpayers about special tax credits for which they may qualify such as Earned Income Tax Credit, Child Tax Credit, and Credit for the Elderly or the Disabled.

VITA sites for 2016 include:

Punxy Pine Street Senior Center

814-938-8376

Reynoldsville Foundry Senior Center

814-653-2522

Heritage House Senior Center

814-849-3096 (call JCAAA Main Office to schedule tax appointment)

Brockway Depot Senior Center

814-849-3096 (call JCAAA Main Office to schedule tax appointment)

Appointments are limited so call and schedule today!

For more information call Jefferson County Area Agency on Aging at 814-849-3096

JCAAA NEWS

All 4 centers and the main office will be closed March 25th.

Oliver Township Center, Closed for March Questions? Call: 814-849-3391 **SENIORS** - If you or someone you know is being subjected to abuse, neglect or exploitation, contact JCAAA for emergencies 24 hours a day at 1-800-852-8036.

A message from the Executive Director

Got an hour? Give it back! Giving back to seniors in our area is a very rewarding experience for the volunteer, senior, and Area Agency on Aging. Volunteerism is the backbone of the Area Agency on Aging (AAA). We estimate that volunteers in one fashion or another contribute nearly ten percent to the bottom line of our Agency each year. Those dollars allow the AAA to provide thousands of meals; numerous in-home service hours, inviting senior centers for socialization, and education that otherwise could not be provided. The Agency offers a wide array of meaningful volunteer opportunities that can be arranged to fit nearly everyone's individual schedule or interest level. Examples range from home delivered meal drivers, clerical assistance at the office as well as at the senior centers; ideally we could find someone willing to teach basic to mid skill level computer training at the senior centers and to assist with Apprise Medicare Counseling. For those folks looking for an analytical challenge we all also provide training for volunteer income tax preparation. In the event you are in a position to share your talents with us please contact Molly McNutt at 814-849-3096. The Agency is here to help older residents of Jefferson County - please pass the word. Please take advantage of our recently updated

Please take advantage of our recently updated Website: www.jcaaa.org
Please be safe and remember according to
Punxsutawney Phil "spring should be here by the time this reaches you".

Warm Regards,

- Bill Sherman, Executive Director

Office of Deaf and Hard of Hearing (ODHH)

BENEFITS: ODHH is an office within the Pennsylvania Department of Labor & Industry. ODHH provides four core functions:

- Advocates on behalf of individuals who are deaf or hard of hearing
- Provides information and acts as a resource that can answer can answer questions. For example, staff can answer questions about hearing aids, programs/services, sign language or technology;
- Makes referrals and ensuring providers are accessible:
- Administers the Sign Language Interpreter & Transliterator State Registration Act.

THOSE ELIGIBLE: ODHH serves all Pennsylvanians in all 67 counties.

CONTACT: 1521 N. 6th Street Harrisburg, PA 17102 Email: odhh@pa.gov (717) 783-4912 V/TYY Videophone (717) 831-1928 www.dli.state.pa.us/odhh

Pennsylvania Society for the Advancement of the Deaf (PSAD)

BENEFITS: The mission of the PSAD is to maximize the participation and productivity of people who are deaf within the larger society of Pennsylvania through advocacy, education, and service.

CONTACT: Jeffrey Yockey, PSAD President 3914 SR 92 N Nicholson, PA 18446 Videophone: (570) 955-3221 Email: president@psadweb.org Website: www.psadweb.org 46 Health & Wellness

From: Benefits & Rights For Older Pennsylvanians 2015

To get a copy stop by the JCAAA Main Office



Employee Spotlight!

Name: Amy Zeitler

Job title: Fiscal Support and Local

APPRISE Coordinator Location: Main Office

Years worked at JCAAA: 1 ½

Education and School Where Attended: I graduated from Brookville High School. After High School I obtained my health insurance license and sold health insurance for 3 years. I then worked 4 years as a Finance Manager. Over the last year I have gone through all the required training to become the APPRISE Coordinator. I plan to start classes this fall for Business Management.

What is involved in your day-to-day activities in your current position?

I am responsible for the accounts payable and receivable in the fiscal dept. I also do the billing for different cost share programs and other office duties. As the APPRISE Coordinator I assist Medicare beneficiaries by explaining different plans that are available and help them enroll. I also screen and explain different cost savings programs and if they qualify I help them apply. Generally with APPRISE we help with any Medicare issue or concern. With APPRISE it changes daily, you never know what issue someone may have.

Your most rewarding or satisfying experience in your work or volunteer history:

I enjoy helping people with problems that they are having. I enjoy being able to resolve those issues and to see people finally be able to relax. The satisfaction of just being helpful is rewarding enough for me.

Please tell me about your proudest moment since you joined JCAAA: Applying and being chosen for the APPRISE Coordinator Position.

Significant people in your personal life: I have been married for 4 ½ years to my husband Wesley. He is currently a stay at home dad after an unfortunate accident 2 years ago. Right now he is enjoying getting his mobility and independence back. My daughter Kamryn turned 4 years old in December. She is currently attending the Punxsutawney Christian Pre-school and loves to be outside. I also have an 11 year old step-son Logan. He is in the 5th grade and loves sports.

HEALTHY AGING



PennState Extension

Join Strong Women!



Strong Women is a safe, motivating, highly effective weight-bearing program that includes food, health and nutrition information, meeting twice a week. Make a commitment to becoming healthier and feeling better about yourself!

Brookville Evening Classes begin March 8, 2016

Series fee: \$75 Registration Deadline March 1, 2016

Penn Highlands Brookville **Education Room** 100 Hospital Drive

Register: 814-765-7878 x3 extension.psu.edu/ Financial assistance is available. Tues./Thurs. 6:00-7:15 PM health/strongwomen

Penn State encourages persons with dishabilles to participate in its programs and activities. If you anticipate needing special accommodations or have questions about the physical access provided, please contact Robin Kuleck at 814-486-3350, in advance of your participation or visit. Penn State is committed to affirmative action, equal opportunity, and the diversity of its workforce.

SAVOR THE FLAVOR OF EATING RIGHT

NATIONAL NUTRITION MONTH® 2016

Academy of Nutrition and Dietetics www.eatright.org



March is National Nutrition Month! Stop in or call your local Senior Center to see what fun, healthy, nutritious activities are happening in your area!

What is March's Flower?

The birth flower for March is daffodil. In the language of flowers, daffodils symbolize chivalry, respect, modesty and faithfulness.



Tai Chi for Arthritis is

being offered at the Foundry in Reynoldsville on Tuesdays and Thursdays in February and March from 6:00 p.m. until 7:00 p.m.



Tai Chi combines stress reduction with movement to improve health. This class can increase strength and flexibility, decrease pain in joints, decrease stress, help reduce blood pressure, increase sense of wellbeing, and improve balance.

Ruth Pifer, PT is a certified instructor through the Tai Chi for Health Institute. There is a nominal fee to participate. Please contact Ruth at 591-1113 with questions or to register.

From the Office of Jeff Burkett, District Attorney and member of the Jefferson County Elder Abuse Task Force:

Hello Seniors, I want to take the time to warn you about a common scam being used today by many crooks. It's called the IRS scam and it works like this: You get a phone call. The scary part is that your caller I.D. might even show that it is the IRS calling you! The caller might give you a badge number and even know the last 4 digits of your Social Security number. You are told that you owe money and sometimes you might even be threatened that you better pay now or you will be arrested! You are asked to put money on a prepaid debit card or to wire it. You find out later that it was a scam and not the IRS and now your money is gone.

Please know that the IRS will not contact you first by phone or email. They will make the first contact with you by regular mail. They will also not ask you to pay specifically by way of a prepaid debit card or money transfer. They will not require a specific type of payment. If you get a call like this, DO NOT GIVE THE CALLER ANY INFORMATION ABOUT YOU! Ask the caller for information such as his/ her name and phone number. If you are worried that this call was real, then hang up and call the IRS directly at 1-800-829-1040 or go to www.irs.gov to find out correct information about your tax status. If you find out the caller was a scammer, report the incident by filing a complaint with the Treasury Inspector General for Tax Administration by calling 1-800-366-4484 or at www.tigta.gov. Or you can contact the Federal Trade Commission at 1-877-FTC-HELP or ftc.gov/ complaint. Finally, warn all your friends and family about these scam calls!

I hope this information is helpful to you and helps you avoid the IRS scam!

Blessings, Jeff Burkett, Jefferson County District Attorney

CENTER INFO



Brookville Heritage House Center 4 Sylvania Street, Brookville, PA 15825 Director: Romayne Conner Phone: 814-849-3391

Email: heritage@jcaaa.org

3/3- Plant a Flower... I will bring some seeds and little pots. We'll see who has a green thumb.

3/4 - Ice Cream Social w/ Jessica from In Home Solutions 11:15am 3/7- Crafts with "Honey" at 12:45pm. See what she has in mind this month.

3/9- Mary Keck from Guardian Health Blood Pressures Topics on our Heart as it is Heart Month. Come or stay and hear what she has to offer us on care of our heart.

3/11- Lori from Penn Highlands....Topic "Gut Check" 11:00

3/17- St. Patrick's Day Lunch, please call or sign up for reservations. Randy Bartley will be here to talk about Irish American History. He will be here at 11:00am.

3/21- Nutrition presentation at 11:30am. A must have little talk. Please try to attend.

3/23- Easter Dinner....Call or sign up for reservations.

3/25- Closed in observance of Good Friday.

3/28- Birthday Tureen at 5:00pm Bring a covered dish to help complete the meal. Meat and cake will be provided. ADVISORY COUNCIL MEETING AT 1:00 PM. OPEN TO ALL. Join in to help with your ideas.

3/31- Get ready for April Fool's Day.

Monday – Bingo..9:30am, Healthy Steps 9:30, Tai-Chi 10:00am

Tuesday - Art Class 1:00pm, Bridge 1:00pm, Healthy Steps 9:30

Wednesday - Scrabble 10:00am, Bridge 1:00pm, Wii Bowling 1:00pm

Thursday – Healthy Steps 9:30-11:00am Bridge / Cards 1:00pm

Friday - Bingo 9:30am, Tai-Chi 10:00am Bridge 1:00pm

FITNESS ROOM WITH NEW EXERCISE EQUIPMENT OPEN DAILY FROM 8:00AM-2:00PM. Please see director or volunteer for instructions and registration..

Lunch at the Heritage House





Punxsutawney Pine Street Center 103 North Gilpin Street, Punxsutawney, PA 15767 Director: Mindy Grose Phone: 814-938-8376

Email: pinestreet@jcaaa.org

3/2- St Patrick's day craft at 10:00 in the dining room

3/3- World book day. Book Trivia at 11:30 in the dining room.

3/3- Senior Supper at 5:15 pm. \$3 per person for a wonderful Turkey Dinner. Reservations required by Monday, 2-29.

3/7- National Cereal Day! 11:30 is cereal games and information!

3/9- 11:30 Shock your Heart with Lori from Penn Highlands

Healthcare. She will be discussing heart health!

3/10- 10:00 Yahtzee!

3/14- Potato Chip Day! 11:30 in the dining room trivia and taste testing

3/16- Easter Craft at 10:30

3/17- Happy St. Patrick's day...10:30 blood pressure and blood screening

3/21- Memory Day at the center! Ways to improve your memory at 11:30 in the dining room

3/23- Mary from Guardian will be here for an informative program on heart health

3/24- Chocolate Covered Raisins Day! 11:30 treats and raisin trivia!

3/25- Center Closed for Good Friday

3/27- Happy Easter

3/28- Candy bar History and Trivia at 11:15

3/30- Spring Wii Bowling Tournament!

Daily – puzzles, computers, cards, Wii,

Monday – exercise with Linda at 10:30 am

Tuesday – Bingo with Jim from 9:30-11:30 AM

Wednesday - Stop by and play some air hockey

Thursday - exercise with Linda at 10:30 am

Friday – Bingo with Jim from 9:30-11:30 AM

The Pine Street Crew



CENTER INFO



Brockwayville Depot Center 425 Alexander Street Brockway, PA 15824 Director: Cheryl Moore Phone: 814-265-1719

Email: depot@jcaaa.org

3/7- Movie Time...Come for lunch stay for the movie!!!!

(12:30) Snacks provided.

3/8 – Breakfast 7:30- 9:30, Blood Sugar7:00-8:30, Blood Pressure

8:30-9:30

3/9 – Artist Connection 7:00 PM

3/17- St. Patrick's Day Luncheon 12:00

3/23- Easter Luncheon 12:00, Artist Connection 7:00 PM

3/25 – Closed Good Friday

3/30- Nutrition Speaker 12:30

Daily – Lunch is at Noon! Make your reservation the day before Social Hour, Pool, Library, Puzzles, Coupons, TV Lounge, PLUS a Fun Time!

Monday - Healthy Steps 10:00 AM

Tuesday - Bingo after lunch

Wednesday - Cards 10:00 AM, Chair Yoga 11:30 AM

Thursday – Healthy Steps 10:00 AM, Bingo after lunch

Friday – Bingo 10:00 AM followed by lunch

Chair Yoga at The Depot....join our class on Wednesday at 11:30.. it's fun ..helpful..and FREE!!!!!





The Reynoldsville Foundry Center 45 West Main Street Reynoldsville, PA 15851 Director: Donna Price Phone: 814-653-2522

Email: foundry@jcaaa.org

3/1- Ruth Pifer Tai Chi Class. Each Tuesday & Thursday through March

6:00 - 7:00 p.m

3/12- & 3/14 Patty Smith Art Class 9 a.m.

3/13- Cardmaking with Larissa 2 p.m.

3/15- Advisory Council meeting 10:30 a.m.

3/17- St. Patrick's Day party 11:30, Corned beef luncheon at noon

3/18– Blood Pressures and Education with Mary from Guardian 11:00

a.m

3/21 – Shock the Heart with Lori Rancik 11:30

3/23- Easter Luncheon 11:30 Program

Daily – Coffee break, Pool, Computers, Exercise Machines, Shuffleboard, Jigsaw puzzle, Lending Library, TV/Movie lounge Monday– Healthy Steps in Motion 10:30 AM, Jam Session 1 PM Tuesday – Dominoes 10, Computer class 1, Tai Chi 6 p.m. Wednesday – Healthy Steps in Motion 10:30 AM, Oil Painting 1 PM Thursday – Nickel Bingo 9:30 am, Cards 10 am, Tai Chi 6 p.m. Friday - Healthy Steps in Motion

Working hard at the Foundry.



DO YOU HAVE MEDICARE?

Do you want to know if you are eligible to save some money?

The APPRISE Program wants to make sure you and your loved ones who have Medicare know about the Extra Help and Medicare Savings Programs.

Extra Help can help lower your prescription co-payments and premiums and cover the cost of the coverage gap ("donut hole")

- If you are **single** and have **total monthly** income of less than \$1,471/month; and less than \$13,640 in resources
- If you are married and have a total monthly income of less than \$1,991/month; and less than \$27,250 in resources

Medicare Savings Program can help you with the payment of your Part B premium and possibly with the payment of your Medicare Part A and Part B cost-sharing.

- If you are **single** and have a **total monthly** income of less than \$1,324/month; and less than \$7,280 in resources
- If you are married and have a total monthly income of less than \$1,792/month; and less than \$10,930 in resources

There is **NO COST** for the APPRISE Program's help or for enrollment into these programs.

APPRISE CAN ALSO HELP WITH:

- Medicare
- Medicare
 Prescription Drug
 Plans (Part D)
- Medicare Advantage Plans
- Medicare
 Supplemental
 Insurance (Medigap)
- Medicaid
- Long-Term Care Insurance
- Fraud and Abuse
- Medicare Appeals

Call Today!

Jefferson County Area Agency on Aging

1-800-852-8036





Funded in whole or part by a grant through the Administration for Community Living

Passports Available



Tonya S Geist, Prothonotary
Phone: (814) 849-1606
Hours: 8:30AM – 4:30PM
Address: Jefferson County Courthouse
200 Main Street
Brookville, PA 15825

Passport Checklist

- -Passport Application
- -Driver License
- -Long Form Birth Certificate

(Certificate must have both parents full names)

- -Passport Photo available to be taken here
- -2 Forms of Payment

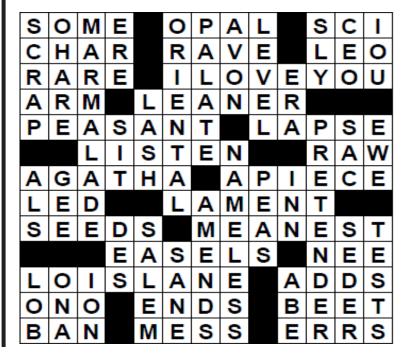
No Appointment Required Please Call with Questions

Mulberry PEERs Share The Love With Shoeboxes



The PEER (Pennsylvania Empowered Expert Residents) at Mulberry Square in December packed boxes for Operation Christmas Child. They raised funds throughout the year and purchased toys, hygiene items and candy to send overseas to children. These gift-filled boxes are sent all over the world, transforming lives of children and their families. Pictured with their boxes are (front row, from lest) Fran McMichael, Jim Gilson, Tawnia Norris Volunteer PEER Coordinator, (back row) Mindy Sivanich Ombudsman Coordinator, Carrie Scully, Fred Kerr and Macklin Snyder. For more information on the PEER or Ombudsman program, please contact Mindy Sivanich at the Jefferson County Area Agency on Aging at 1-800-852-8036 ext. 232.

Crossword Answers



LUNCH MENU

Stuffed Chicken With Roasted Broccoli and Potatoes



Ingredients

1/2 pound- bunch broccoli, cut into florets

1- pound red new potatoes (about 10), halved

3- *tablespoons olive oil* kosher salt and black pepper to

1/2- cup finely chopped roasted red peppers

2- ounces Feta, crumbled (1/2 cup)

8- thin chicken cutlets (about 1 1/2) pounds)

1- tablespoon chopped flat-leaf parsley

Directions

Heat oven to 400° F with the racks in the upper and lower thirds. On a rimmed baking sheet, toss the broccoli and potatoes with 2 tablespoons of the oil, ½ teaspoon salt, and ½ teaspoon black pepper. Roast on the bottom rack, tossing once, until golden brown and tender, 18 to 20 minutes. Meanwhile, in a small bowl, mix together the red peppers and Feta. Season the chicken with ¼ teaspoon each salt and black pepper. Dividing evenly, roll up the red pepper mixture in the cutlets (about 1 heaping tablespoon each) and fasten each closed with a toothpick.

Heat the remaining tablespoon of oil in a large ovenproof skillet over medium-high heat. Cook the chicken, seamside up, until browned, 3 to 4 minutes. Turn the chicken, transfer the skillet to the top rack, and roast until cooked through, 14 to 16 minutes more. Remove the toothpicks. Serve the chicken with the vegetables, sprinkled with the

March 2016

Jefferson County

## HORISDAY ## HORISDAY ## HORISDAY ## THURSDAY ## HORISDAY ## HOR	Group				
Spring is Coming!! 7-Mar Chopped Steak W Onion Gravy Whiped Potatoes Broccoll w Red Peppers Whole Wheat Bread Tapica Puddiely Whole Wheat Bread Whole Wheat Bread Peaches Whole Wheat Bread Crarrots Whole Wheat Bread Peaches Whole Wheat Bread Peaches Whole Wheat Bread Crarrots Whole Wheat Bread Pineapple Tidbits & Parsley Noodles Carrots Whole Wheat Bread Pineapple Tidbits & Parsley Potatoes Winder Wheat Bread Crarrots Whole Wh	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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7-Mar Chopped Steak w/ Onion Gravy Whipped Potatoes Broccoli w Red Peppers Whole Wheat Bread Tapicoa Pudding Roas Clicken & Gravy Rice Pilar Baked Pizza Casserole Whole Wheat Bread Onions, Carrots Dressing Italian Bread Cinnnamon Applesauce Carrots Applesauce Prisesh Seasonal Fruit Project Fresh Seasonal Fruit Project Fresh Seasonal Fruit Salad Tropical Fruit Salad Project Potatoces Whole Wheat Bread Prizeable Soup Whole Wheat Bread Prizeable Sour Shade Projectal Fresh Seasonal Fruit Project Fresh Season		Sliced Peaches	Fresh Seasonal Fruit	2 Whole Wheat Bread	Fresh Seasonal Fruit
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W/ Onion Gravy Whipped Potatoes Broccoll w/ Red Peppers Whole Wheat Bread Tapicoa Pudding Ta-Mar Roast Chicken & Gravy Rice Pilaf Broccoll Medley Whole Wheat Bread Onions, Carbase & Dinner Roll Whole Wheat Bread Onions, Carrots Dressing Italian Bread Whole Wheat Bread Onions, Carrots Dressing Worackers Whole Wheat Bread Onions, Carrots Dressing Worackers Whole Wheat Bread Onions, Carrots Dressing Italian Bread Whole Wheat Bread Onions, Carrots Dressing Worackers Whole Wheat Bread Onions, Carrots Dressing Baked Pizza Casserole Worackers Whole Wheat Bread Cinnamon Applesauce Carrots Whole Wheat Bread Cinnamon Applesauce Carrots Worackers Whole Wheat Bread Cinnamon Applesauce Carrots Worackers Whole Wheat Bread Presh Seasonal Fruit "Spring has Sprung" 21-Mar Meatballs & Gravy Parsley Noodles Carrots Whole Wheat Bread Pineapple Tidbits & Mandarin Oranges Whole Wheat Bread Trukey & Cheddar Sandwich Lettuce, Tomato Vegetable Soup Worackers Wheat Bread Tropical Fruit Salad Fresh Seasonal Fruit Pasta, Marinara Toss Salad w/ Tomato Carrots, Cabbage & Dressing Italian Bread Mandarin Oranges Whole Wheat Bread Potatoes & Cabbage Green Beans Dinner Roll Applesauce "St. Patrick's Day" "Easter Lunch" 23-Mar Warm Roast Beef Sandwich W/ Provolone Cheese Ranch Oven Browns Sweet Pas & Sour Slaw Sandwich Roll Chocolate Chip Cookie Will Provide Wheat Bread Tomato Sauce Parsley Potatoes Suer Fresh Coleslaw Whole Wheat Bread Oatmeal Cookie Word Plate Bread Fresh Seasonal Fruit Warm Roast Beef Sandwich W/ Provolone Cheese Ranch Oven Browns Sweet & Sour Slaw Sandwich Roll Chocolate Chip Cookie Whole Wheat Bread Fresh Seasonal Fruit Warm Roast Beef Sandwich W/ Provolone Cheese Ranch Oven Browns Sweet Pas & Sour Slaw Sandwich Roll Chocolate Chip Cookie Whole Wheat Bread Fresh Seasonal Fruit Warm Roast Beef Sandwich W/ Provolone Cheese Ranch Oven Browns Sweet Pas & Sour Slaw Sandwich Roll Chocolate Chip Cookie Whole Wheat Bread Fresh Seas	7-Mar	8-Mar	9-Mar		11-Mar
Whipped Potatoes Broccoli w/ Red Peppers Whole Wheat Bread Tapioca Pudding 14-Mar Roast Chicken & Gravy Rice Plaf Broccoli Medley Whole Wheat Bread Peaches Cinnnamon Applesauce "Spring has Sprung" 21-Mar Meatballs & Gravy Parsley Noodles Carrots Whole Wheat Bread Cinnons, Carrots Dressing Whole Wheat Bread Carrots Whole Wheat Bread Carrots Whole Wheat Bread Cinnnamon Applesauce "Spring has Sprung" 21-Mar Meatballs & Gravy Parsley Noodles Carrots Whole Wheat Bread Pineapple Tidbits & Mandarin Oranges Whole Wheat Bread Tropical Fruit Salad Lettuce, Tomato Wcrackers Whole Wheat Bread Cinnnamon Applesauce "Easter Lunch" Scalloped Potatoes Whole Wheat Bread Fresh Seasonal Fruit "Easter Lunch" Saked Ham Slice Toss Salad w/ Tomato Carrots Whole Wheat Bread Fresh Seasonal Fruit "Easter Lunch" Saked Ham Slice Toss Salad w/ Tomato Carrots Warm Roast Beef Sandwich Warm Roast Beef Sandwi	Chopped Steak	Honey Mustard Chicken	Spaghetti w/ Meatballs	Turkey Pot Pie	Baked Salmon
Broccoli w/ Red Peppers Whole Wheat Bread Tapioca Pudding 14-Mar Roast Chicken & Gravy Rice Pilaf Broccoli Medley Whole Wheat Bread Mixed Fruit Salad 15-Mar Roast Chicken & Gravy Rice Pilaf Broccoli Medley Whole Wheat Bread Connamon Applesauce 15-Mar Baked Pizza Casserole w/ Cheese Topping Toss Salad w/ Tomato Onions, Carrots Dressing Italian Bread Connamon Applesauce 15-Mar Baked Swiss Steak w/ Mushroom Gravy Parsley Potatoes Steamed Cabbage Whole Wheat Bread Cinnnamon Applesauce 15-Mar Baked Swiss Steak w/ Mushroom Gravy Parsley Potatoes Steamed Cabbage Whole Wheat Bread Cinnnamon Applesauce 15-Mar Baked Swiss Steak w/ Mushroom Gravy Parsley Potatoes Steamed Cabbage Whole Wheat Bread Fresh Seasonal Fruit 15-Mar Baked Swiss Steak w/ Mushroom Gravy Parsley Potatoes Steamed Cabbage Whole Wheat Bread Cinnnamon Applesauce 15-Mar Baked Swiss Steak w/ Mushroom Gravy Parsley Potatoes Steamed Cabbage Whole Wheat Bread Fresh Seasonal Fruit 15-Mar Baked Swiss Steak w/ Mushroom Gravy Parsley Potatoes Steamed Cabbage Whole Wheat Bread Cinnnamon Applesauce 15-Mar Baked Swiss Steak w/ Mushroom Gravy Parsley Potatoes Steamed Cabbage Whole Wheat Bread Whole Wheat Bread Whole Wheat Bread Whole Wheat Bread Windew Heat Bread Whole Wheat Bread	w/ Onion Gravy	Sandwich Roll	Pasta, Marinara	over Noodles	Scalloped Potatoes
Whole Wheat Bread Tapioca Pudding	Whipped Potatoes	Lettuce, Tomato	Toss Salad w/ Tomato	Fresh Coleslaw	Island Blend Vegetables
Tapioca Pudding Mixed Fruit Salad Mandarin Oranges Oatmeal Cookie 14-Mar Roast Chicken & Gravy Rice Pilaf Broccoli Medley Whole Wheat Bread Peaches Cinnnamon Applesauce "Spring has Sprung" 21-Mar Meatballs & Gravy Parsley Noodles Carrots Whole Wheat Bread Pineapple Tidbits & Mandarin Oranges Turkey & Cheddar Sandwich Lettuce, Tomato Whole Wheat Bread Pineapple Tidbits & Mandarin Oranges Totakers Whole Wheat Bread Pineapple Tidbits & Mandarin Oranges Whole Wheat Bread Pineapple Tidbits & Mandarin Oranges White Rice Sweet Peas & Carrots Whole Wheat Bread Whole Wheat Bread Pineapple Tidbits & Mandarin Oranges White Rice Sweet Peas & Carrots Whole Wheat Bread Mixed Fruit Salad Mandarin Oranges Mandarin Oranges Dinner Roll Applesauce "Easter Lunch" 23-Mar Baked Ham Slice Toss Salad Scalloped Potatoes Winter Vegetable Medley Dinner Roll Ice Cream 30-Mar Pepper Steak Macaroni & Cheese Sauerkraut Hot Dog Whipped Potatoes Sauerkraut Hot Dog Roll Fresh Seasonal Fruit Marm Roast Beef Sandwich W/ Provolone Cheese Ranch Oven Browns Sweet Sour Slaw Sandwich Roll Chocolate Chip Cookie 71-Mar Corn Beef Potatoes & Cabbage Green Beans Dinner Roll W/ Carrots, Peppers & Dressing Stewed Tomatoes W/ Provolone Cheese Ranch Oven Browns Sweet Sour Slaw Sandwich Roll Chocolate Chip Cookie 71-Mar Tuna Noodle Casserole W/ Cheddar Cheese Topping Toss Salad W Tomato Carrots, Peppers & Dressing Stewed Tomatoes W/ Provolone Cheese Ranch Oven Browns Sweet Sour Slaw Sandwich Roll Chocolate Chip Cookie 71-Mar Tuna Noodle Casserole W/ Cheddar Cheese Topping Toss Salad W Tomato Toss Salad W Tomato Salad W Tomato Salad W Tomato Dinner Roll Applesauce "St. Patrick's Day" Warm Roast Beef Sandwich W/ Provolone Cheese Ranch Oven Browns Sweet Sour Slaw Sandwich Roll Chocolate Chip Cookie 71-Mar Tuna Noodle Casserole W/ Cheddar Cheese Topping Tomas Salad W Tomato Tomato Sauce Parsley Polatoes Scalloped Potatoes Sweet As Sour Slaw Sandwich Roll Chocolate Chip Cookie 71-Mar Tuna Noodle Carrots W/ Carrots Peppers Sea Ranch Oven Browns	Broccoli w/ Red Peppers	. Baked Potato Soup	Carrots, Cabbage & Dressing	Sweet Peas	Whole Wheat Bread
14-Mar Roast Chicken & Gravy Rice Pilaf Broccoli Medley Whole Wheat Bread Peaches Carrots Whole Wheat Bread Pineapple Tidbits & Mandarin Oranges Wheat Bread Chicken Minestrone Wheat Bread Chicken Minestrone Wheat Bread Chicken Minestrone Wheet Peas & Carrots Whole Wheat Bread Chicken Minestrone Wheet Peas & Carrots Whole Wheat Bread Mixed Fruit Salad Whole Wheat Bread Mixed Fruit Salad 15-Mar Baked Swiss Steak W Mushroom Gravy Parsley Potatoes Steamed Cabbage Whushroom Gravy Parsley Potatoes W Mushroom Gravy Parsley Potatoes Steamed Cabbage Whole Wheat Bread Fresh Seasonal Fruit 16-Mar Corn Beef Potatoes & Cabbage Green Beans Dinner Roll Whole Wheat Bread Fresh Seasonal Fruit 22-Mar Warm Roast Beef Sandwich W Provolone Cheese Ranch Oven Browns Sweet & Sour Slaw Sandwich Roll Chocolate Chip Cookie 18-Mar Corn Beef Potatoes & Cabbage W Cheddar Cheese Topping Toss Salad w Tomato Carrots, Peppers & Dressing Stewed Tomatoes W Mole Wheat Bread Fresh Seasonal Fruit 18-Mar Corn Beef Potatoes & Cabbage Green Beans Dinner Roll W Carrots, Peppers & Dressing Stewed Tomatoes W Carrots, Peppers & Carrots W Carrots, Peppers & Carrots W Carrots, Peppers & Carrots W	Whole Wheat Bread	w/ Crackers	Italian Bread	Whole Wheat Bread	Fresh Seasonal Fruit
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Rice Pilaf Broccoli Medley Toss Salad w/ Tomato Onions, Carrots Dressing Italian Bread Cinnnamon Applesauce "Spring has Sprung" 21-Mar Meatballs & Gravy Parsley Noodles Carrots Whole Wheat Bread Pineapple Tidbits & Mandarin Oranges "Chicken Minestrone W/ Pep, Onions, Tomatoes Whole Wheat Bread Mixed Fruit Salad W/ Cheese Topping Toss Salad w/ Tomato Steamed Cabbage Whole Wheat Bread Cinnnamon Applesauce "Easter Lunch" 23-Mar Baked Ham Slice Toss Salad Scalloped Potatoes Stewed Tomatoes Whole Wheat Bread Scalloped Potatoes Winter Vegetable Medley Dinner Roll Ice Cream Tores Salad W/ Cheddar Cheese Topping Toss Salad w/ Tomato Carrots, Peppers & Dressing Stewed Tomatoes Whole Wheat Bread Fresh Seasonal Fruit "St. Patrick's Day" W/ Cheddar Cheese Topping Toss Salad w/ Tomato Carrots, Peppers & Dressing Stewed Tomatoes Whole Wheat Bread Fresh Seasonal Fruit Warm Roast Beef Sandwich W/ Provolone Cheese Ranch Oven Browns Sweet & Sour Slaw Sandwich Roll Chocolate Chip Cookie Tomato Sauce Parsley Potatoes Stewed Tomatoes Whole Wheat Bread Mixed Fruit Salad Whole Wheat Bread Mixed Fruit Salad W/ Cheddar Cheese Topping Toss Salad w/ Tomato Carrots Veppers & Dressing Stewed Tomatoes Whole Wheat Bread Fresh Seasonal Fruit Warm Roast Beef Sandwich W/ Provolone Cheese Ranch Oven Browns Sweet & Sour Slaw Sandwich Roll Chocolate Chip Cookie Tomato Sauce Parsley Potatoes Stewed Tomatoes Whole Wheat Bread Whole Wheat Bread Fresh Seasonal Fruit Whole Wheat Bread Fresh Seasonal Fruit W/ Cheddar Cheese Topping Toss Salad w/ Tomato Carrots Whole Wheat Bread Fresh Seasonal Fruit Warm Roast Beef Sandwich W/ Provolone Cheese Ranch Oven Browns Sweet & Sour Slaw Sandwich Roll Chocolate Chip Cookie Carrots W/ Cartors Whole Wheat Bread Fresh Seasonal Fruit W/ Cheddar Cheese Topping Toss Salad w/ Tomato Carrots Whole Wheat Bread Fresh Seasonal Fruit	Roast Chicken & Gravv	Baked Pizza Casserole	Baked Swiss Steak	Corn Beef	Tuna Noodle Casserole
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Whole Wheat Bread Peaches Peaches Italian Bread Cinnnamon Applesauce "Spring has Sprung" 21-Mar Meatballs & Gravy Parsley Noodles Carrots Whole Wheat Bread Pineapple Tidbits & Mandarin Oranges Whose Wheat Bread Pineapple Tidbits & Wheat Bread Whose Wheat Bread Whose Wheat Bread Pineapple Tidbits & Wheat Bread Whose Wheat Bread Whose Wheat Bread Tropical Fruit Salad Topical Fruit Salad Steamed Cabbage Whole Wheat Bread Fresh Seasonal Fruit "Easter Lunch" 23-Mar Baked Ham Slice Toss Salad Scalloped Potatoes Winter Vegetable Medley Dinner Roll Ice Cream Warm Roast Beef Sandwich Winter Vegetable Medley Dinner Roll Chocolate Chip Cookie Toss Osalad Scalloped Potatoes Winter Vegetable Medley Dinner Roll Chocolate Chip Cookie Tomato Sauce Parsley Potatoes Sauerkraut Potato Crusted Fish Macaroni & Cheese Stewed Tomatoes Whole Wheat Bread Whole Wheat Bread Fresh Seasonal Fruit Turkey & Cheddar Sandwich Were Roast Beef Sandwich Winter Vegetable Medley Dinner Roll Chocolate Chip Cookie Tomato Sauce Parsley Potatoes Stewed Tomatoes Whole Wheat Bread Whole Wheat Bread Fresh Seasonal Fruit Turkey & Cheddar Sandwich Were Roast Beef Sandwich Warm Roast Beef	Broccoli Medlev	,, ,	,	_	,, ,
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Parsley Noodles Carrots Whole Wheat Bread Pineapple Tidbits & Wheat Bread Pineapple Tolation Oranges 28-Mar Chicken Minestrone W/ Pep, Onions, Tomatoes White Rice Sweet Peas & Carrots Whole Wheat Bread Mixed Fruit Salad Lettuce, Tomato Vegetable Soup W/ Crackers White Rice Sweet Peas & Carrots Whole Wheat Bread Mixed Fruit Salad Lettuce, Tomato Vegetable Soup W/ Provolone Cheese Ranch Oven Browns Sweet & Sour Slaw Sandwich Roll Chocolate Chip Cookie 29-Mar Pepper Steak Tomato Sauce Parsley Potatoes Garden Salad w/ Tomato Dressing W/ Provolone Cheese Ranch Oven Browns Sweet & Sour Slaw Sandwich Roll Chocolate Chip Cookie 31-Mar Potato Crusted Fish Macaroni & Cheese Stewed Tomatoes Whole Wheat Bread Fresh Seasonal Fruit Whole Wheat Bread Fresh Seasonal Fruit	"Spring has Sprung" 21-Mar	22-Mar	"Easter Lunch" 23-Mar	-	
Carrots Whole Wheat Bread Pineapple Tidbits & Wheat Bread Pineapple Tidbits & Wheat Bread Mandarin Oranges 28-Mar Chicken Minestrone W/ Pep, Onions, Tomatoes White Rice Sweet Peas & Carrots Whole Wheat Bread Mixed Fruit Salad Vegetable Soup W/ Crackers Wheat Bread Tropical Fruit Salad 29-Mar Pepper Steak Tomato Sauce Parsley Potatoes Garden Salad w/ Tomato Dressing Whole Wheat Bread Mixed Fruit Salad Ranch Oven Browns Sweet & Sour Slaw Sandwich Roll Chocolate Chip Cookie Ranch Oven Browns Sweet & Sour Slaw Sandwich Roll Chocolate Chip Cookie Potato Crusted Fish Macaroni & Cheese Stewed Tomatoes Whole Wheat Bread Fresh Seasonal Fruit Whole Wheat Bread Fresh Seasonal Fruit Whole Wheat Bread	Meatballs & Gravy	Turkey & Cheddar Sandwich	Baked Ham Slice	Warm Roast Beef Sandwich	20 (a)
Whole Wheat Bread Pineapple Tidbits & Mandarin Oranges 28-Mar Chicken Minestrone W/ Pep, Onions, Tomatoes White Rice Sweet Peas & Carrots Whole Wheat Bread Mixed Fruit Salad Winter Vegetable Medley Dinner Roll Ice Cream 30-Mar Pepper Steak Tomato Sauce Parsley Potatoes Garden Salad w/ Tomato Dressing Whole Wheat Bread Mixed Fruit Salad Winter Vegetable Medley Sandwich Roll Chocolate Chip Cookie Fesh Sandwich Roll Chocolate Chip Cookie Sandwich Roll Chocolate Chip Cookie Fresh Sandwich Roll Chocolate Chip Cookie	Parsley Noodles	Lettuce, Tomato	Toss Salad	w/ Provolone Cheese	Jappy S
Pineapple Tidbits & Wheat Bread Tropical Fruit Salad 28-Mar Chicken Minestrone W/ Pep, Onions, Tomatoes White Rice Sweet Peas & Carrots Whole Wheat Bread Mixed Fruit Salad Pineapple Tidbits & Wheat Bread Tropical Fruit Salad Dinner Roll Ice Cream 30-Mar Pepper Steak Pepper Steak Tomato Sauce Parsley Potatoes Garden Salad w/ Tomato Sauce Stewed Tomatoes Whole Wheat Bread Potato Crusted Fish Macaroni & Cheese Stewed Tomatoes Whole Wheat Bread Whole Wheat Bread Whole Wheat Bread Fresh Seasonal Fruit Sandwich Roll Chocolate Chip Cookie Sandwich Roll Chocolate Chip Cookie	Carrots	Vegetable Soup	Scalloped Potatoes	Ranch Oven Browns	
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28-Mar Chicken Minestrone W/ Pep, Onions, Tomatoes White Rice Sweet Peas & Carrots Whole Wheat Bread Mixed Fruit Salad 29-Mar Pepper Steak Tomato Sauce Parsley Potatoes Sauerkraut Potato Crusted Fish Macaroni & Cheese Stewed Tomatoes Whole Wheat Bread Fresh Seasonal Fruit Dressing Whole Wheat Bread Whole Wheat Bread	Pineapple Tidbits &	Wheat Bread	Dinner Roll	Sandwich Roll	15077
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Chicken Minestrone W/ Pep, Onions, Tomatoes White Rice Sweet Peas & Carrots Whole Wheat Bread Mixed Fruit Salad Hot Dog Whipped Potatoes Sauerkraut Fresh Seasonal Fruit Pepper Steak Tomato Sauce Parsley Potatoes Garden Salad w/ Tomato Dressing Whole Wheat Bread Whole Wheat Bread Whole Wheat Bread Whole Wheat Bread	28-Mar	29-Mar	30-Mar	31-Mar	
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Sweet Peas & Carrots Whole Wheat Bread Mixed Fruit Salad Hot Dog Roll Fresh Seasonal Fruit Garden Salad w/ Tomato Dressing Whole Wheat Bread Whole Wheat Bread	I i i i i i i i i i i i i i i i i i i i	' '			
Whole Wheat Bread Fresh Seasonal Fruit Dressing Whole Wheat Bread Whole Wheat Bread			<u>-</u>		
Mixed Fruit Salad Whole Wheat Bread	Whole Wheat Bread	_	Dressing	Fresh Seasonal Fruit	8
Gelatin w/ Topping	Mixed Fruit Salad		J		
			Gelatin w/ Topping		



JEFFERSON COUNTY AREA AGENCY ON AGING 186 Main Street, Suite 2 Brookville, PA 15825

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The Sunshine Line is assembled and prepared for mailing by a group of wonderful volunteers [Page 2019] [Pag								atload Puzzles, LLC						