# 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



JEFFERSON COUNTY

AREA AGENCY ON AGING Bill Sherman - Executive Director

#### Molly McNutt - Deputy Director

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BROOKVILLE AREA DEMENTIA SUPPORT GROUP

Held 2<sup>nd</sup> Monday of Every Month @ 2:30 PM

#### <u>TOPIC</u>

Monday, November 14, 2016 - Stress & the Holidays with Dementia patients. Information being presented by Jill Curtis from the Alzheimer's Association

<u>Where:</u> Penn Highlands Brookville Education Conference Center (Bottom of hill from hospital)

Free - Open to Public Ask Questions and/or share your wisdom with other group members

Coordinators/Sponsors:





WRC SENIOR SERVICES Providing Choices for Generations





For more information, call Nancy Florio@ 814-849-1850 or Cheryl Muders @ 800-852-8036 or Janet Himes @ 814-849-8026 or Dani Sibble @ 814-849-3615 2

# **JCAAA NEWS**

JCAAA main office and all 4 centers will be closed November 11th, 24th and the 25th.

The Jefferson County Area Agency on Aging is a 501(c)(3) non-profit organization dedicated to enhancing the lives of older adults in Jefferson County, Pennsylvania.

We help over 2,000 older adults and their families every year by administering comprehensive services to assist them to remain a citizen in our communities.

Charitable donations are important to the Jefferson County Area Agency on Aging. These voluntary gifts enable us to go farther and serve more than we otherwise would have been able. We are extremely appreciative for the gifts that we receive and we take our accountability to our donors very seriously. We provide a written acknowledgement to all donors for every type and amount of gift received.

Your contribution is tax-deductible to the extent allowed by law. Please note the amount of your contribution that is deductible for federal income tax purposes is limited to the money contributed by the donor minus the value of goods or services provided by JCAAA.

To make a charitable or memorial donation, please mail your tax deductible donation payable to:

Jefferson County Area Agency on Aging 186 Main St., Suite 2 Brookville, PA 15825 Phone: (814) 849-3096



Oliver Township Center, Is closed for November Questions? Call: 814-849-3391

#### Pennsylvania Senior Games

#### **BENEFITS:**

Several days of competition in various indoor and outdoor sports are held during the summer. The National Senior Games are held during alternate years at different locations across the country. Gold, silver and bronze medals are awarded to event winners.

#### THOSE ELIGIBLE:

Athletes who will be 50 years of age or older by the end of the year may participate.

#### **CONTACT:**

Any Area Agency on Aging Senior Community Center or premiersportingevents.com

#### Pennsylvania State Senior Games C/O Keystone State Games, Inc. P.O. Box 1166 Wilkes-Barre, PA 18703 National Senior Games Association www.nsga.com



From: Benefits & Rights For Older Pennsylvanians 2015 To get a copy stop by the JCAAA Main Office



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### **JCAAA NEWS**

**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.



### **Medicare Annual Open Enrollment**

#### October 15, 2016 - December 7, 2016

**The Medicare Annual Open Enrollment Period for 2016 will be from October 15 to December 7.** During this period each year, Medicare beneficiaries can join, switch or drop their Medicare Part D or Medicare Advantage coverage.

Medicare Part D and Medicare Advantage plans change the coverage and costs each year, so it is important to review your plan and compare it to others on the market that are available to Jefferson County residents.

APPRISE, a free health insurance counseling program for Medicare beneficiaries residing in Pennsylvania, will have counselors available during the entire Annual Open Enrollment Period. These unbiased and friendly counselors will help you understand your options in comparing Part D and Medicare Advantage plans at the following events in the community. This counseling is free.

#### Medicare Annual Open Enrollment Events for the Jefferson County Area Please call to schedule an appointment.

Heritage House Senior Center (Brookville) at: **814-849-3391** Oct 17<sup>th</sup>, Oct 24<sup>th</sup> and Oct 31<sup>st</sup>, Nov 7<sup>th</sup>, Nov 14<sup>th</sup>, Nov 21<sup>st</sup>, Nov 28<sup>th</sup>, Dec 5<sup>th</sup>

Reynoldsville Foundry at: **814-653-2522** Oct 19<sup>th</sup>, Nov 2<sup>nd</sup>, Nov 16<sup>th</sup>, and Nov 30<sup>th</sup> (IF Needed) Brockway Depot at: **814-265-1719** Oct 19<sup>th</sup>, Nov 2<sup>nd</sup>, Nov 16<sup>th</sup>.

Punxsutawney Senior Center at **814-938-8376** Oct 19<sup>th</sup>, Nov 16<sup>th</sup>, Dec 1<sup>st</sup>. The Main Office will be accepting appointments Monday through Friday and try to accommodate walk-in's when available **814-849-3096** 





November 2016

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# **CENTER INFO**



Brookville Heritage House Center 4 Sylvania Street, Brookville, PA 15825 Phone: 814-849-3391 Email: heritage@jcaaa.org 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 10am, Bridge 1:pm



11/10 – Veterans Day Program @ 11:00 am. Please call and make your reservations for lunch!

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

- 11/08 Blood Pressure Checks with Mary Keck from Guardian @ 11:00 am
- 11/10 Veterans Day Program @ 11:00 am. Please call and make your reservations for lunch!
- 11/11 Heritage House will be closed in observance of Veterans Day.
- 11/17 Thanksgiving Day Lunch. Please call and make your reservations for this Thanksgiving feast!
- 11/24 & 11/25 Happy Thanksgiving! Heritage House will be closed in observance of Thanksgiving.
- 11/28 Advisory Council Meeting @ 1:00 pm.

#### THERE WILL NOT BE A BIRTHDAY TUREEN DINNER FOR THE MONTH OF NOVEMBER



# **CENTER INFO**



Punxsutawney Pine Street Center 103 North Gilpin Street, Punxsutawney, PA 15767 Director: Mindy Grose Phone: 814-938-8376 Email: pinestreet@jcaaa.org Daily – Pool, Wii, Library Cart, Friends, Fun, Delicious Lunches, Cards, Puzzles, Computers
Monday – exercise with Linda at 10:00 am
Tuesday – Bingo with Jim from 9:30-11:30 AM
Wednesday - 10:30-crochet and knitting club
Thursday - exercise with Linda at 10:00 am
Friday – Bingo with Jim from 9:30-11:30 AM



An enjoyable evening meal with center friends!

11/2- 10:30 WHEEL OF FORTUNE! Come join the fun!

**11/3-** at 5 pm is the monthly evening meal. Goulash, French bread, salad and dessert. \$3 per person and you must sign up by Tuesday, November 1st

11/10- Jeopardy at 10:30 come and play for fun and see who wins final Jeopardy!

11/11- the Center will be closed for Veteran's Day

**11/15-** from 9:30-11:30 is TURKEY BINGO! Cost is \$2.00 per person and you must sign up by Thursday, November 10th

11/17- at 11:30-Candy Bar Trivia Come to the dining room and see how much you know about the history of candy bars!

11/21- 10:30 WHEEL OF FORTUNE

11/24- the center will be closed for Thanksgiving

11/25- the center will be closed

11/30-Individual Pool Tournament at 9:30 Come and see who can be #1 this month!

# LUNCH MENU



#### November 2016

Jefferson County

1/Nov         2/Nov         3/Nov           Pasta wi Mestalis [3] Alex Pesta wi Kasue to. Moed Greens wi Tornato Cukes, Cartos, Cathage Italian Bread         wi Dil Sauce Wi Dil Sauce 1/2c. Nearent Destination Cukes, Cartos, Cathage Italian Bread         wi Dil Sauce Wi Dil Sauce 1/2c. Nearent Destination Cukes, Cartos, Cathage Italian Bread         wi Dil Sauce Wi Dil Sauce Ital. Harrent Destination Cukes, Cartos, Cathage Italian Bread         wi Dil Sauce Ital. Harrent Destination (parmesan cheese)         the Rost Destination (parmesan cheese)         1/2c. Harrent Destination (parmesan cheese)         1/2c. Harrent Destination (parmesan cheese)         the Rost Destination (parmesan cheese)         9/Nov         1/2c. Winet Postaloes (parmesan cheese)         1/2c. Harrent Destination (parmesan cheese)         1/2c. Harrent Destination (parmesan cheese)         9/Nov         1/2c. Novel Pesta & Carrots (parmesan cheese)         1/2c. Horent Cuken (parmesan cheese)         1/2c. Horent Cuken (parmesan cheese)         9/Nov         1/2c. Novel Pesta & Carrots (parmesan cheese)         1/2c. Horent Cuken (parmesan cheese)         1/	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
34C. Pasta wi Sauce     wi Dil Sauce     wi Dil Sauce     14C. Lettuce 1 Slice Tornato       12C. Winder Greens wi Tornato     Did Keers wi Tornato     12C. Harvard Beels     112C. Winder Greens wi Tornato       Cukee, Carrols, Cabbage     112C. Harvard Beels     112C. Savet Peas & Carrols     112C. Sweet Peas & Carrols       7-Nov     Shopherd's Pe     House Blend Seasoned Chicken     Sugar Cookie     12C. Wineet Sandwich Roll       7-Nov     Shopherd's Pe     House Blend Seasoned Chicken     Sugar Cookie     12C. Fresh Celesiaw       112C. Resk Drints     112C. Fresh Celesiaw     112C. Liornato Probatioes     112C. Sovet Peas & Carrols     112C. Liornato Probatioes       112C. Green Beans     112C. Fresh Colesiaw     112C. Iornato Probatioes     112C. Iornato Probatioes     112C. Iornato Probatioes       112C. Chocolate Ice Cream     112C. Inter Frosted Sliced     112C. Mixed Fruit Salad     112C. Iornato Probatioes     112C. Iornato Probatioes       112C. Chocolate Ice Cream     112C. Lime Frosted Sliced     112C. Mixed Fruit Salad     112C. Iornato Probatioes     112C. Iornato Probatioes       112C. Cheamed Probates     112C. Lime Frosted Sliced     112C. Mixed Fruit Salad     112C. Iornato Probatioes     112C. Iornato Probatioes       112C. Cheamed Probates     112C. Lime Frosted Sliced     112C. Mixed Fruit Salad     112C. Iornato Probatioes     112C. Iornato Probatioes       112C. Winder		1-Nov	2-Nov	3-Nov	4-Nov
1c. Mixed Greens wi Tomato Cukes, Cartos, Cabbage Italian Bread       Baked Potalo wi S. Cream       1/2c. Whiped Potaloes       1/2c. Nene Brown Potaloes         1/2c. Cheen Brass       1/2c. Sinced Peaches       Dimer Roll       1/2c. Whiped Potaloes       1/2c. Near Brass & Carrols         1/2c. Cheen Brass       1/2c. Sinced Peaches       1/2c. Tropical Fruit Salad       Sugar Cookie       1/2c. Near Brass         1/2c. Creen Brass       Since Fruit       Since Fruit       Brass & Carrols       1/2c. Vene Brown Potaloes       1/2c. Near Brass         1/2c. Creen Brass       1/2c. Fresh Colesiaw       1/2c. Lyonnaise Potatoes       1/2c. Prass & Carrols       1/2c. Incer Since Since       Since Potatoes       Winde Wheat Braad       Since Potatoes		Pasta w/ Meatballs (3)	Baked Pollock	Hot Roast Beef Sandwich	Cheeseburger
Cukes, Carrots, Cabbage Italian Bread     1/2c. Harvard Beets Dinner Roll     1/2c. Siver Peas & Carrots 2 Whole Wheat Bread     1/2c. Fresh Colesiaw Wheat Sandwich Roll       7ANov     S-Nov     S-Nov     S-Nov     S-Nov     S-Nov     Stopper d's Pie     Whole Wheat Bread     Stoppy Jue Sandwich T2c. Green Bears     1/2c. Siver Peas & Carrots     1/2c. Siver Peas & C		3/4c. Pasta w/ Sauce	w/ Dill Sauce	w/ Gravy	1/4c. Lettuce 1 Slice Tomato
Italian Bread (12c. Siliced Peaches (parriesan cheese)     Dimmer Roll (12c. Tropical Fruit Salad     2 Whole Wheat Bread Sugar Cookie     Wheat Sandwich Roll Freish Seasonal Fruit       7-Nov Sweet Sausage w Pepper & Onions (12c. Redskin Potates)     8-Nov (12c. Redskin Potates)     9-Nov (12c. Redskin Potates)     10-Nov (12c. Redskin Potates)     10-Nov (No Rease)     10		1c. Mixed Greens w/ Tomato	Baked Potato w/ S. Cream	1/2c. Whipped Potatoes	1/2c. Oven Brown Potatoes
1/2c. Slied Peaches (parmesan cheese)     1/2c. Tropical Fruit Salad     Sugar Cookie     Fresh Seasonal Fruit       7.Nov     8-Nov     8-Nov     9-Nov     10-Nov       Sweet Sausage w/ Peppers & Onions     Shepherd's Pie w/ Gravy     9-Nov     10-Nov       1/2c. Redskin Potatoes     1/2c. Fresh Colesiaw     11/2c. Lyonnaise Potatoes     10-Nov       1/2c. Green Beans     1/2c. Fresh Colesiaw     11/2c. Lyonnaise Potatoes     1/2c. Breaded Sinds     10-Nov       3ausage Roll     Whole Wheat Bread     11/2c. Line Frosh Soles     11/2c. Line Frosh Soles     Whole Wheat Bread       1/2c. Cheonolate lee Cream     1/2c. Line Frosh Soles     11/2c. Line Frosh Soles     11/2c. Line Frosh Soles       1/2c. Cheonolate lee Cream     1/2c. Line Frosh Soles     11/2c. Nitreed Fruit Salad     11/2c. Nitreed Fruit Salad       1/2c. Cherand Potatoes     1/2c. Line Frosh Soles     11/2c. Kined Fruit Salad     11/2c. Nitreed Fruit Salad       1/2c. Winter Vegetable Medley     10/2c. Breakfast for Lunch     Baked Truit Rey Pot Pie W/ Tolese     11/2c. Carrots     11/2c. Carrots     11/2c. Carrots       1/2c. Winter Vegetable Medley     10/2c. Breakfast Potatoes     11/2c. Carrots     11/2c. Carrots     11/2c. Reset Soles     11/2c. Carrots       1/2c. Butersootch Pudding     White Bread     11/2c. Carrots     11/2c. Carrots     11/2c. Carrots     11/2c. Carrots		Cukes, Carrots, Cabbage	1/2c. Harvard Beets	1/2c. Sweet Peas & Carrots	1/2c. Fresh Coleslaw
T-Nov         B-Nov         Segment         Term control           7-Nov         Shepherd's Pie         9-Nov         10-Nov           Wheet Sausage         Shepherd's Pie         Breast wi Gravy         12c. Reads Potatos         Wheat Bread         Wheat Bread         12c. Chocolate Ice Cream         12c. Lime Frosted Sliced         12c. Mixed Fruit Salad         Wheat Bread         12c. Chocolate Ice Cream         12c. Lime Frosted Sliced         12c. Mixed Fruit Salad         Thanksgiving Lunch"         17-Nov         18-Nov           12c. Creamed Potatoes         Wice Reads Sussage         Butermik Biscuit         12c. Winde Potatoes         12c. Choesy Bacon & Chive           While Wheat Bread         Vice Reads Sussage         Butermik Biscuit         12c. Winde Potatoes         12c. Cheesy Bacon & Chive         12c. Cheesy Bacon & Chive         12c. Cheesy Bacon & Chive <t< td=""><td></td><td>Italian Bread</td><td>Dinner Roll</td><td>2 Whole Wheat Bread</td><td>Wheat Sandwich Roll</td></t<>		Italian Bread	Dinner Roll	2 Whole Wheat Bread	Wheat Sandwich Roll
T-Nov     8-Nov     9-Nov     10-Nov       Sweet Sausage W Peppers & Onions     W Gravy     House Blend Seasoned Chicken Breast W Gravy     Sloppy Joe Sandwich 12c. Redskin Potatos     Sloppy Joe Sandwich 12. Eresh Coleslaw     Slophou Fold 12. Eresh Coleslaw <t< td=""><td>The second</td><td>1/2c. Sliced Peaches</td><td>1/2c. Tropical Fruit Salad</td><td>Sugar Cookie</td><td>Fresh Seasonal Fruit</td></t<>	The second	1/2c. Sliced Peaches	1/2c. Tropical Fruit Salad	Sugar Cookie	Fresh Seasonal Fruit
Sweet Sausage w Peppers & OnionsShepherd's Pie w (Grayy 11/2c. Green BeansHouse Biend Seasoned Chicken Breast w Grayy 11/2c. Lyonnaise Potatoes 11/2c. BrocoliSloppy Joe Sandwich 1c. Baked Potato Soup w Crackers Wheat Sandwich Roli 11/2c. Prese Agend 11/2c. Prese Agend 11/2c. Irres Colesiaw 11/2c. Lime Frosted Silced 11/2c. Mixed Fruit Salad PearsSloppy Joe Sandwich 1c. Baked Potato Soup w Crackers Wheat Sandwich Roli 11/2c. Prese Potatoes 11/2c. Prese Potatoes 11/2c. Cranob 11/2c. Mixed Fruit Salad PearsSloppy Joe Sandwich to Eakers Wheat Sandwich Roli 11/2c. Presepte Tidoits14-Nov15-Nov Baked Swiss Steak White What Sread Whole Wheat Sread Whole Wheat Sread U2c. Cranober Potatoes 11/2c. Cranober Potatoes 11/2c. Cranober Potatoes 11/2c. Cranober Potatoes 11/2c. Cranober Potatoes 11/2c. Cranober Source 11/2c. Cranober Source 11/2c. Cranober Source 11/2c. Cranober Source 11/2c. Present Roli 11/2c. Present Roli 11/2c. Cranober Potatoes 11/2c. Cranober Source 11/2c. Present Roli 11/2c. Present Roli 11/2c. Present Roli 11/2c. Present Roli 11/2c. Cranober Potatoes 11/2c. Cranober PotatoesBiter Roli 11/2c. Cranober Potatoes 11/2c. Cranober Potatoes 11/2c. Present Roli 11/2c. Present Roli 11/2c. Cranober Potatoes 11/2c. Crano	•	(parmesan cheese)			
W/ Peppers & Onionsw/ GravyBreast w/ Gravy1/2. Reast w/ Gravy1/2. Lexaker SoupW/ CrackersW/ Crac	7-Nov	8-Nov	9-Nov	10-Nov	
1/2c. Redskin Potatoes       1/2c. Peas & Carrots       1/2c. Lyonnaise Potatoes       w Crackers         1/2c. Green Beans       1/2c. Fresh Coleslaw       1/2c. Broccoli       Whole Wheat Bread       1/2c. Broccoli         1/2c. Chocolate loe Cream       1/2c. Line Frosted Sliced       1/2c. Niked Fruit Salad       Whole Wheat Bread       1/2c. Pinasppie Tidbits       I/2c. Pinasppie Tidbits         1/2c. Chocolate loe Cream       1/2c. Line Frosted Sliced       1/2c. Niked Fruit Salad       Thanksgiving Lunch*       1/2. Nov       1/2-Nov         1/2c. Creamed Potatoes       Breakfast for Lunch       Baked Turkey Pot Pie       Roast Turkey w Gravy       1/2c. Choesy Bacon & Chive       Potatoes         1/2c. Winter Vegetable Medley       1/0z. Breakfast Sausage       Buttermilk Biscuit       1/2c. Kresh Coleslaw       1/2c. Carots       Potatoes         1/2c. Buterscotch Pudding       1/2c. Breakfast Potatoes       1/2c. Kresh Coleslaw       1/2c. Carots       Potatoes         1/2c. Baby Carrots       1/2c. Cheesy Noodles       1/2c. Mixed Fruit Salad       Dinner Roll       1/2c. Pineapple & Changes         1/2c. Baby Carrots       1/2c. Cheesy Noodles       W Mushroom       1/2c. Breakfast Potatoes       W Mushroom       1/2c. Pineapple & Changes         1/2c. Applesauce       1/2c. Italian Vegetable Medley       1/2c. Breack Pite Poer Cup       W Mushroom	Sweet Sausage	Shepherd's Pie	House Blend Seasoned Chicken	Sloppy Joe Sandwich	
1/2c. Green Beans Sausage Roll       1/2c. Fresh Coleslaw Whole Wheat Bread       1/2c. Broccoli       What Sandwich Roll       1/2c. Pineapple Tidbits         1/2c. Chocolate Ice Cream       1/2c. Lime Frosted Sliced Pears       1/2c. Mixed Fruit Salad       1/2c. Pineapple Tidbits       1/2c. Pineapple Tidbits         1/2c. Chocolate Ice Cream       1/2c. Lime Frosted Sliced Pears       1/2c. Mixed Fruit Salad       1/2c. Pineapple Tidbits       1/2c. Pineapple Tidbits         1/2c. Chocolate Ice Cream       Breakfast for Lunch Baked Swiss Steak       Breakfast for Lunch Breakfast Sousage       Baked Turkey Pot Pie wi Potatoes & Vegetables       1/2c. Nimemade Stuffing 1/2c. Chreamed Potatoes       1/2c. Carrots       Breaded Fish Sandwich wi Cheese         1/2c. Winter Vegetable Medley       1/2c. Breakfast Sausage       Buttermilk Biscuit       Dinner Roll       1/2c. Carrots       1/2c. Carrots       1/2c. Carrots       1/2c. Creen Beans         1/2c. Winter Vegetable Medley       1/2c. Breakfast Potatoes       1/2c. Mixed Fruit Salad       Dinner Roll       1/2c. Pineapple & Oranges       1/2c. Creen Beans         1/2c. White Wheat Bread       1/2c. Cheesy Noodles       W Mushroom       1/2c. Bread Re Rout       1/2c. Rineapple & Oranges         1/2c. Apries Noodles       1/2c. Sliced Peaches       1/2c. Tropical Fruit Salad       Mineapple Modes       1/2c. Sliced Peaches       1/2c. Tropical Fruit Salad       Mineapple Modes       1	w/ Peppers & Onions	w/ Gravy	Breast w/ Gravy	1c. Baked Potato Soup	AM
Sausage Roll 1/2c. Chocolate loc Cream         Whole Wheat Bread 1/2c. Lime Frosted Sliced Pears         Whole Wheat Bread 1/2c. Mixed Fruit Salad         1/2c. Pineapple Tidbits         Day           14-Nov         14-Nov         15-Nov         16-Nov         Thanksgiving Lunch*         17-Nov         18-Nov           Baked Swiss Steak w Mushroom Gravy         Breakfast for Lunch         Baked Turkey Pot Pie w Potatoes & Vegetables         1/2c. Chemeade Stuffing 1/2c. Creamed Potatoes         Breakfast Susage         1/2c. Fresh Coleslaw         1/2c. Carrots         Breaded Fish Sandwich           1/2c. Winter Vegetable Medley         toz. Breakfast Sousage         1/2c. Fresh Coleslaw         1/2c. Carrots         1/2c. Cheesey Bacon & Chive           1/2c. Winter Vegetable Medley         toz. Breakfast Potatoes         1/2c. Mixed Fruit Salad         Dinner Roll         1/2c. Carrots         Potatoes           1/2c. Butterscotch Pudding         White Bread w Jelly         1/2c. Mixed Fruit Salad         Dinner Roll         1/2c. Pineapple & Oranges           21-Nov         22-Nov         22-Nov         23-Nov         1/2c. Breakfast Potatoes         1/2c. Carrots         Sandwich Roll           1/2c. Applesauce         1/2c. Sliced Peaches         1/2c. Tropical Fruit Salad         Minshroom         1/2c. Scaloped Potatoes         1/2c. Scaloped Potatoes         1/2c. Tropical Fruit Salad         Minshroom	1/2c. Redskin Potatoes	1/2c. Peas & Carrots	1/2c. Lyonnaise Potatoes	w/ Crackers	X-* V **X
1/2c. Chocoolate Ice Cream       1/2c. Lime Frosted Sliced       1/2c. Mixed Fruit Salad         14-Nov       15-Nov       16-Nov       Thanksgiving Lunch" 17-Nov       18-Nov         Baked Swiss Steak       Breakfast for Lunch       Baked Turkey PO Pie       Roast Turkey wi Gravy       1/2c. Cheemed Potatoes       W Potatoes & Vegetables       1/2c. Homemade Sutfing       1/2c. Cheemed Potatoes       1/2c. Princepide & Oranges       1/2c. Cheese Nocolis       1/2c. Elende Rice       1/2c. Siende Readi       1/2c. Elende Rice       1/2c.	1/2c. Green Beans	1/2c. Fresh Coleslaw	1/2c. Broccoli	Wheat Sandwich Roll	Veterans
Pears         "Thanksgiving Lunch"         17-Nov         18-Nov           Baked Swiss Steak         Breakfast for Lunch         Baked Turkey Pot Pie         Roast Turkey W Gravy         Breakfast for Lunch         Baked Turkey Pot Pie         Nov         Roast Turkey W Gravy         Breakfast for Lunch         Baked Turkey Pot Pie         Nov         Roast Turkey W Gravy         Breakfast for Lunch         1/2c. Creamed Potatoes         W Cheese         1/2c. Fresh Coleslaw         1/2c. Homemade Stuffing         1/2c. Cheesy Bacon & Chive           1/2c. Winter Vegetable Medley         10z. Breakfast Sausage         Buttermilk Biscuit         1/2c. Carrois         Potatoes           1/2c. Winter Vegetable Medley         10z. Breakfast Potatoes         1/2c. Mixed Fruit Salad         Dinner Roll         1/2c. Cheesy Bacon & Chive           1/2c. Butterscotch Pudding         White Bread w Jelly         1/2c. Mixed Fruit Salad         Dinner Roll         1/2c. Pumpkin Dessert         1/2c. Pineapple & Oranges           21-Nov         22-Nov         23-Nov         23-Nov         Potatoes         1/2c. Pineapple & Oranges           1/2c. Parsley Noodles         1/2c. Italian Vegetable Medley         1/2c. Breakfast Potatoes         <	Sausage Roll	Whole Wheat Bread	Whole Wheat Bread	1/2c. Pineapple Tidbits	Jay the Day
14-Nov       15-Nov       16-Nov       "Thanksgiving Lunch"       17-Nov       18-Nov         Baked Swiss Steak       Breakfast for Lunch       Egg Omelet       W/ Potatoes & Vegetables       Nov       Roast Turkey W Gravy       Breaded Fish Sandwich       W Cheese       1/2c. Creamed Potatoes       W/ Cheese       1/2c. Fresh Caleslaw       1/2c. Hornemade Stuffing       1/2c. Cheesy Bacon & Chive       W Cheese       1/2c. Cheesy Bacon & Chive       1/2c. Cheesy Bacon & Chive       Potatoes       1/2c. Cheesy Bacon & Chive       1/2c. Cheesy Bacon & Chive<	1/2c. Chocolate Ice Cream	1/2c. Lime Frosted Sliced	1/2c. Mixed Fruit Salad		
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	÷	Fresh Seasonal Fruit	1/2c. Diced Pears		

#### **Healthy Aging** November

#### **Beef and Butternut Squash Stew**



#### Ingredients

• 3 tablespoon olive oil

2016

- 1 onion, peeled and chopped
- 2 cloves garlic, chopped
- 1 tablespoon minced fresh rosemary
- 1 tablespoon chopped fresh thyme
- 2 pounds stew beef, cut into 2-inch cubes
- 1/2 teaspoon salt, plus more to taste
- 1/2 teaspoon freshly ground black pepper
- 2 tablespoons all-purpose flour
- 1 cup Marsala wine
- 1 pound butternut squash, trimmed and cut into
- 2-inch cubes
- 1/4 cup chopped sun-dried tomatoes
- 3 to 4 cups beef broth
- 2 tablespoons fresh chopped flat-leaf parsley
- Crusty bread, for serving

#### Directions

In a large soup pot heat 3 tablespoons of olive oil over medium heat. Add the onions, garlic, rosemary, and thyme and saute until the onions are tender, about 2 minutes. Toss the beef cubes in salt and pepper and flour. Turn up the heat to med-high and add the beef to the pot. Cook until the beef is browned and golden around the edges, about 5 minutes. Add the Marsala wine. Using a wooden spoon, gently stir up all the brown bits off the bottom of the pan. Add the butternut squash and sun-dried tomatoes and stir to combine. Add enough beef broth to just cover the beef and squash. Bring the stew to a boil over high heat, then reduce the heat to low and simmer, covered, for 1 hour. Season the stew with additional salt and pepper to taste. Sprinkle with the chopped parsley. Serve with crusty bread alongside.

#### Be Sweet to Your Feet

Your feet work hard to get you where you need to be. But years of wear and tear can be rough on them. So can disease, bad circulation, poorly trimmed toenails, and wearing shoes that don't fit.

So be kind to your fee. Exercise, especially walking, is a great way to increase blood flow, which helps your fee stay healthy. Try simple foot exercise, such as sitting and rotating your ankles one way, then the other. Foot problems are sometimes the first sign of more serious medical conditions such as arthritis, diabetes, and nerve or circulatory disorders. Check your fee often, looking for cuts, blisters, or ingrown toenails. Talk with a doctor if you notice numbness or severe pain in your

Tips for Happy Feet

feet.

Wash your feet regularly, especially between your toes

- Wear clean socks
- Wear well-fitting, comfy shoes
- Wear shoes when you're outside

Put your feet up when you're sitting, to help circulation

If you're sitting for a long time, stand up and move around every now and then

If you cross your legs when sitting, reverse or uncross them often

More at go4life.nia.nih.gov/tip-sheets/foot-care Crossword Answers





Brockwayville Depot Center 425 Alexander Street Brockway, PA 15824 Director: Cheryl Moore Phone: 814-265-1719 Email: depot@jcaaa.org

### **CENTER INFO**

Daily – Lunch is at Noon! Make your reservation the day before Social Hour, Pool, Library, Puzzles, Coupons, TV Lounge, PLUS a Fun Time! with your friends new and old!!!
Monday – Healthy Steps 10:00 AM
Tuesday - Bingo after lunch
Wednesday – Cards 10:00 AM, Chair Yoga 11:00 AM
Thursday – Healthy Steps 10:00 AM, Bingo after lunch
Friday – Bingo 10:00 AM followed by lunch



The Depot set up for the Brownlee wedding reception, we have a 225 person seating capacity. Dates are still available for 2017 call for more information.

11/2- Medicare Enrollment appointments 9-2...call and schedule 265-1719..Artist Connection 7PM

11/7- Movie Monday following lunch

- 11/8 Breakfast 7:30-9:30...BAKE SALE 7:30 until sold out...Blood Pressures and Sugar 7:00-9:00 AM
- 11/9 Veterans Day Program with the American Legion 11:30 AM...lunch to follow, call for reservation
- 11/11- CLOSED Veterans Day
- 11/12- Tentative..Bus Trip to Oglebay; call Cheryl for more info 265-1719
- 11/16- Medicare Enrollment appointments 9-2...call and schedule 265-1719..Artist Connection 7PM
- 11/17- Thanksgiving Luncheon at noon, call and make reservation
- 11/24- CLOSED...Thanksgiving
- 11-25- Closed...Thanksgiving
- 11/30- Artist Connection 7PM

MARK YOUR CALENDAR FOR DECEMBER... Join us for a fun time with the kid's panel from the Elementary School for decorating cookies and a gift exchange with a reading of Twas The Night Before Christmas at 12:30 on Tuesday December 13th

BREAKFAST WITH SANTA ON SATURDAY THE 17TH !!! No reservation required

November 2016



The Reynoldsville Foundry Center 45 West Main Street Reynoldsville, PA 15851 Director: Judy Dickerson Phone: 814-653-2522 Email: foundry@jcaaa.org

### **CENTER INFO**

Daily – Coffee break, Pool, Computers, Exercise Machines,
Shuffleboard, Jigsaw puzzle, Lending Library, TV/Movie lounge
Monday– Healthy Steps in Motion @ 10:30am; Jam Session @ 1pm
Tuesday – Dominoes @ 10am; Computer Class @ 1pm
Wednesday – Healthy Steps @ 10:30am; Oil Painting @ 1:00pm
Thursday – Nickel Bingo @ 9:30am; Cards @ 10:00am
Friday - Healthy Steps in Motion @ 10:30am



11/4- Dance to Benefit "Toys for Tots"

- 11/3 sign up day for Toys for Tots 9 am -1 pm
- 11/4- Dance to Benefit "Toys for Tots"
- 11/9- Jefferson County Honor Guard Veterans Day program 11 am Noon
- 11/10- Card Club 1 Pm 4pm
- 11/13- Sampin Up Card Class
- 11/21- November Birthday Celebration
- 11/24- HAPPY THANKSGIVING
- 11/27- Art & Craft Show (Santa & Mrs Santa arrive) Noon to 5pm

Stay tuned for NEW events: Yoga classes, Movie afternoon, & More

### **I & R**

#### Food Safety Tips for your Holiday Turkey

Follow these four food safety tips to take the guesswork out of preparing your holiday turkey.

#### 1. Safely Thaw a Turkey

Thaw turkeys in the refrigerator, in a sink of cold water that is changed every 30 minutes, or in the microwave.

A frozen turkey is safe indefinitely, but a thawing turkey must defrost at a safe temperature. When the

turkey is left out at room temperature for more than two hours, its temperature can creep into the danger zone between 40°F and 140°F, where bacteria can grow rapidly.

#### 2. Safely Handle a Turkey

Bacteria from raw poultry can contaminate anything that it touches. Thoroughly wash your hands, utensils, and work surfaces to prevent the spread of bacteria to your food and family.

#### 3. Safely Stuff a Turkey

Cook stuffing in a casserole dish to make sure it is thoroughly cooked. If you stuff the turkey, do so just before cooking. Use a food thermometer to make sure the stuffing's center reaches 165°F. Bacteria can survive in stuffing that has not reached 165°F, and possibly cause food poisoning.

#### 4. Safely Cook a Turkey

Set the oven temperature to at least 325°. Place the completely thawed turkey with the breast side up in a roasting pan that is 2 to 2-1/2 inches deep. Cooking times will vary depending on the weight of the bird. To make sure the turkey has reached a safe internal temperature of 165°F, check by using a food thermometer inserted into the center of the stuffing and the thickest portions of the breast, thigh, and wing joint. Let the turkey stand 20 minutes before removing all stuffing from the cavity and carving the meat.

Source: http://www.cdc.gov/features/turkeytime/

#### The Butterball Turkey Talk-Line<sup>®</sup> is available to help you at the following times:

Nov. 1-18: 8 a.m.-8 p.m. (CT) Nov. 19-20: 8 a.m.-6 p.m. (CT) Nov. 21-22: 7 a.m.-9 p.m. (CT) Nov. 23: 7 a.m.-10 p.m. (CT) Nov. 24: 6 a.m.-6 p.m. (CT) Nov. 25-Dec. 23: 8 a.m.-6 p.m. (CT) Dec. 17-18: 8 a.m.-2 p.m. (CT) Dec. 24: 8 a.m.-2 p.m. (CT) Call 1-800-BUTTERBALL (800-288-8372 Call: 800-288-8372) or text (844) 877-3456. Source: http://www.butterball.com/



#### November 2016

### Puzzle

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**Check for Crossword Puzzle Answers On the Healthy Aging Page** 

Puzzle#41 © Boatload Puzzles, LLC

# 12 **Devember** Get The Sunshine Line

#### Get Your Sunshine Line Newsletter Via Email!!!

#### WHY?

• The primary advantage is that it's quick. As soon as you send a message, it goes through.

- There's no paper, no mess, and you always find it in the same place.
- And, of course, it's free! No paper or printing costs and no postage fees.



If you have email and would like to get the newsletter electronically please notify us and we will be happy to add you to our email list.

### Sign up on our website www.jcaaa.org or call Jefferson County Area Agency on Aging at 814-849-3096 or toll free at 800-852-8036.

The Sunshine Line is assembled and prepared for mailing by a group of wonderful volunteers

#### **VDDKESS SERVICE REQUESTED**

