

186 Main St STE 2 * Brookville, PA 15825
 Phone: (814) 849-3096 1-800-852-8036
www.jcaaa.org
 Find us on Facebook: @JeffersonCountyAAA

Want to receive our newsletter by email?
 Register on our website or call us!

ARE YOU ON MEDICARE?

You may qualify for financial assistance programs!

MONTHLY INCOME AND RESOURCES HAVE INCREASED

Call the Jefferson County Area Agency on Aging PA-MEDI to help with applying or with questions.

814-849-3096 or 800-852-8036



EXTRA HELP

Is a program to help pay or reduce the Medicare D premium, reduce co-pays for prescriptions, and provide coverage in the gap.

You may qualify if:

- Single Person Monthly income \$1,843
Resources \$16,660
- Married Couple Monthly income \$2,485
Resources \$33,240

MEDICARE SAVINGS PROGRAM

Is a program to help pay the Medicare B premium that is usually deducted from the Social Security check.

You may qualify if:

- Single Person Monthly income \$1,660
Resources \$9,090
- Married Couple Monthly income \$2,239
Resources \$13,630

ELDER JUSTICE DAY 2023



JOIN US FOR ELDER JUSTICE DAY!

WHEN: April 21, 2023

WHERE: Heritage House Senior Center (4 Sylvania Street Brookville)

TIME: 10:00am – 2:30pm

COST: FREE!

RSVP: Call 814-849-3096 to save your spot!

Speakers to include District Attorney Jeff Burkett, Attorney Generals Office, Department of Banking and Securities, and more.

Lunch will be provided.

Fraud Bingo and Prizes!

Limited to the first 100 people to register.

Transportation available from other senior centers through ATA.

Summerville Eats & Sweets

March 2023 Menu

Lunch available 11am-2pm on Tuesdays

March 7:	Mashed Potato Bowl
March 14:	Spaghetti with Meat Sauce
March 21:	Grilled Chicken with buttered parsley potatoes
March 28:	Tacos

Meal includes choice of coffee, milk, or water. Any extras including pie, ice cream or other dessert will be charged accordingly to the customer. *Please tip your server*

A Needs Assessment MUST be completed to be eligible for this program.

FREE SMOKE ALARM INSTALLATION

By the American Red Cross

Plan to attend the presentation, then sign up to have a FREE smoke alarm installed in your home by a local fire department.



Brockwayville Depot	Punxy Area Center
Tuesday March 21, 2023	Friday March 24, 2023
11:00am	11:00am
Phone: 814-265-1719	Phone: 814-938-8376
Brookville Heritage House	Reynoldsville Foundry
Wednesday March 29, 2023	Thursday March 23, 2023
11:00am	11:00am
Phone: 814-849-3391	Phone: 814-653-2522

The Jefferson County Area Agency on Aging and affiliated senior centers are NOT responsible for smoke alarm installation or maintenance.

All questions should be addressed with the Red Cross by calling 717-224-3856.

Home Delivered Meal Packaging Change

The trays the frozen entrees are packaged in are changing. Currently, the meals come in a fiber tray that can be heated in the microwave or oven. Soon, these trays will be switched to a black plastic tray. The new tray is still oven safe up to 400 degrees, just like the fiber tray.

Meals will still arrive frozen and sealed. Please keep the meals frozen until ready to consume.

These trays are classified as #1 for recycling so we encourage you to rinse and recycle them.

Please call the Main Office with any questions at 814-849-3096.



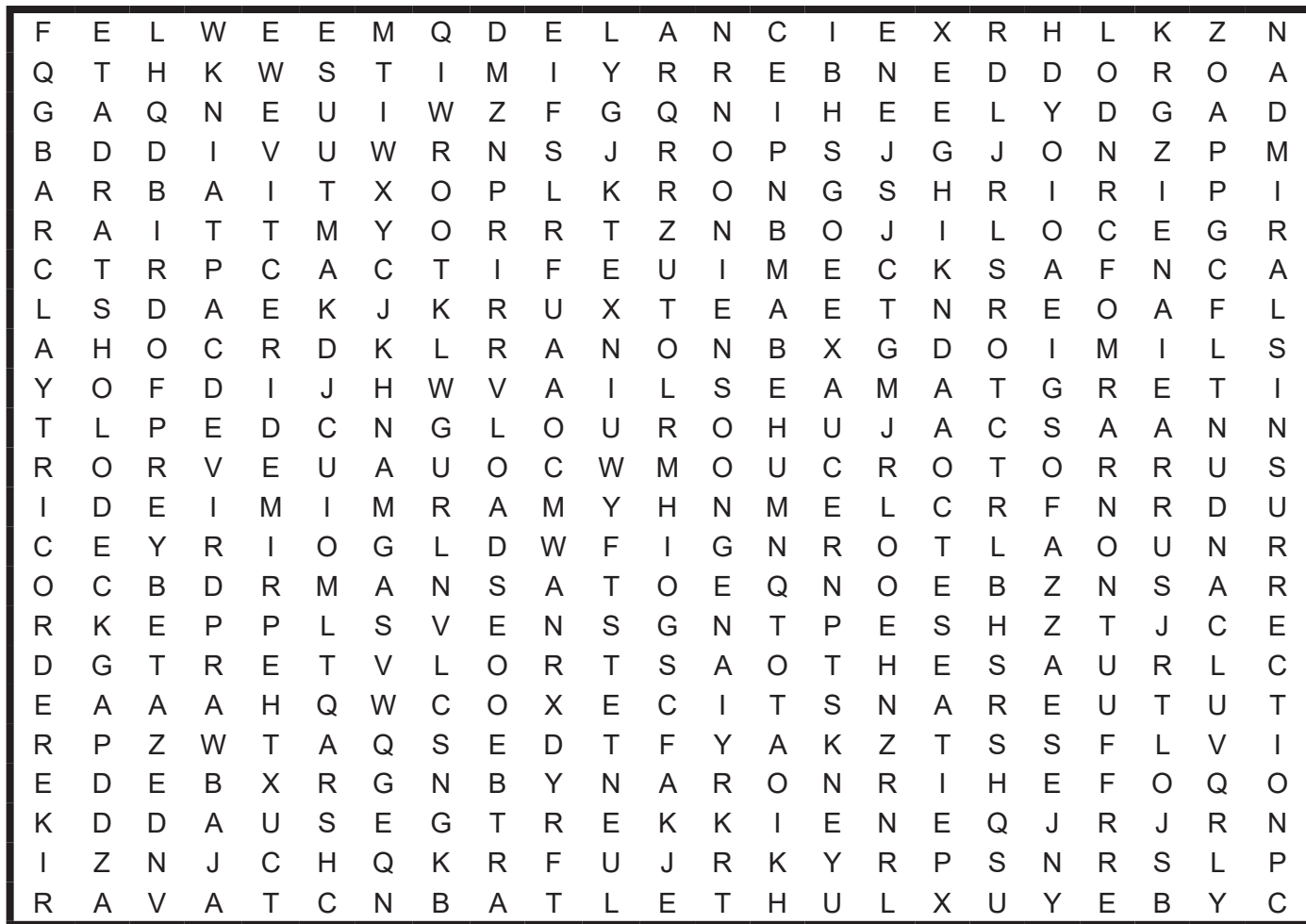


Jefferson County Senior Center Menu

Monday	Tuesday	Wednesday	Thursday	Friday
RESERVATIONS REQUIRED with 24 Hour Notice. Centers NOT open on weekends to take reservations for Monday. 	*Menu subject to change*	1 Glazed Ham w/ Raisin Sauce 1/2c Scalloped Potatoes 1/2c Peas & Carrots 1 Dinner Roll 1 Cookie	2 Turkey Chef Salad (2oz Turkey, Egg, Cheddar) 1c Mixed Greens w/ Tomato) 1c Vegetable Soup 1 Dinner Roll 1/2c Gelatin	3 Cheese Ravioli Topped w/ Alfredo Sauce 1c Tossed Salad w/ Dressing Garlic Breadstick Cherry Chip Cake w/ Topping 1/2c Fruit Cocktail
6 BBQ Pork Ribette 1/2c Sweet Potato Tots 1/2c Green Beans 1 Sandwich Bun 1/2c Pineapple Delight	7 Chicken Alfredo 1/2c Noodles 1/2c Broccoli 1 White Bread 1/2c. Warm Apple Cranberry Crisp	8 Cheeseburger w/ Lettuce, Tomato 1c Creamy Potato Soup w/ Crackers 1 Hamburger Roll Seasonal Fresh Fruit	9 Cheese Lasagna Rollup w/ 1oz Shredded Cheese 1c Raw Veggies (Peppers, Carrots, & Cucumbers) 1 Italian Bread Fresh Fruit	10 Salmon Croquette 1/2c Parmesan Garlic Noodles 1/2c Peas 1 Wheat Bread Fresh Fruit
13 Pepper Steak w/ 2oz Gravy 1/2c Whipped Potatoes 1/2c Diced Carrots 1 Wheat Bread 1/2c Blushed Pears	14 Grilled Chicken Salad (2oz Chicken, Cheddar, HB Egg over 1c Mixed Greens) 1c Cream of Broccoli Soup w/ Crk 1 Dinner Roll 1/2c Fruited Gelatin	15 Burgundy Glazed Meatballs (4) 1/2c Rice 1/2c Roasted Brussel Sprouts 1 Italian Breadstick 1/2c Mandarin Oranges	16 3/4c Corned Beef & Cabbage 1/2c Boiled Potatoes w/ Chives 1/2c Green Beans Dinner Roll 1/2c Pistachio Pudding 1 Cookie	17 Happy St. Patrick's Day! Potato Crusted Fish 1/2c Macaroni & Cheese 1/2c Stewed Tomatoes Wheat Bread Fresh Fruit
20 Western Omelet w/ Ham, Peppers, Onions, Cheese 1 Sausage Patty 1/2c Breakfast Potatoes 1 Biscuit 4oz Apple Juice	21 BBQ Chicken Breast 1/2c. Brown Rice 1/2c. Coleslaw Wheat Bread Fresh Orange	22 Pot Roast w/ Gravy 1/2c Mashed Potatoes 1/2c Coin Carrots Italian Bread Cookie	23 Spaghetti & Meatballs (4) 3/4c Pasta w/ Marinara 1c Tossed Salad w/ Tomato 1 Garlic Breadstick 1/2c Mixed Fruit Salad	24 Breaded Fish Sandwich w/ Cheese & Lettuce 1c. Vegetable Soup 1/2c. Garlic Noodles WG Sandwich Roll 1/2c. Peaches
27 Chicken Marsala w/ 2oz Sauce 1/2c Rice Pilaf 1/2c Broccoli & Cauliflower Blend Wheat Bread Fresh Fruit	28 Baked Cabbage Roll w/ 2oz Tomato Sauce 1/2c Garlic Whipped Potatoes 1/2c Carrots 1 Dinner Roll Fresh Fruit	29 Hot Dog 1/2c Cheesy Potatoes 1 Hot Dog Roll 1/2c Pineapple & Mandarin Oranges 1/2c Coleslaw 1 Cup Chili w/Crackers	30 Salisbury Steak w/ Gravy Baked Potato w/ Margarine 1/2c Broccoli 1 Wheat Bread 1/2c Gelatin	31 Tomato Basil Penne Pasta w/ 1oz Shredded Cheese 1c Tossed Salad w/ Tomato 1 Italian Bread Fresh Fruit

Star Trek

The Next Generation



ADMIRAL	DRAGONCON	MEGACON	STAR TREK
BAJORAN	ENTERPRISE	NEMESIS	STARDATE
BARCLAY	FERengi	NOONIEN SOONG	STARFLEET
BATLETH	FIRST CONTACT	PHASERS	THE NEXT GENERATION
BETAZED	HOLODECK	PICARD	THE PRIME DIRECTIVE
BIRD OF PREY	INSURRECTION	PROFESSOR MORIARTY	TREKKIE
BORG	JEAN LUC	Q CONTINUUM	TRICORDER
BYNAR	KIRK	RIKER	TROI
CAPTAIN	KLINGON	RODDENBERRY	VULCAN
CARDASSIAN	LA FORGE	ROMULAN	WARP DRIVE
CRUSHER	LAL	ROZHENKO	WOLF
DATA	LORE	SON OF MOGH	
DE LANCIE	LWAXANA	SPOCK	



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

Open Monday-Friday 8:00am-1:00pm

Call with any questions 814-265-1719

Breakfast every Tuesday 7:30-9:30.

No reservation needed for breakfast.



3/14 Ceramics with Debbie at 9:30. Please sign up.

3/16 Grocery Bingo 6:00pm! Cost is \$4.00 per packet.

3/17 Birthday Celebration with lunch

3/21 Red Cross presentation about fire safety and sign up for a FREE

SMOKE ALARM installation 11:00 am.

Care Manager Office Hour on 3/21 at 11:00am. You can stop by and get assistance with paperwork like Rent Rebate or Property Tax Rebate. No appointment necessary.

Thursday March 23 Easter Card Making

Thursday March 30 Easter Craft

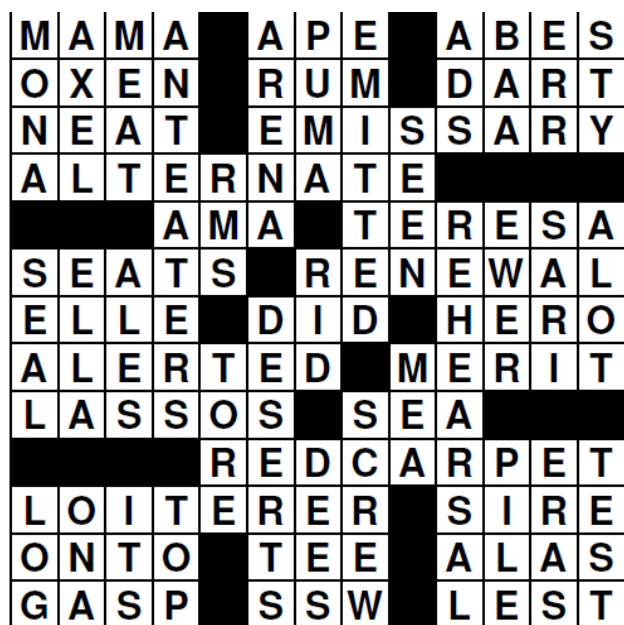
Mark your calendars!

April 12 Bus Trip to Seneca Alleghany. Taking reservations now.

April 20 Grocery Bingo

April 21 The long-awaited Music Night 6pm

Photo: Ceramics with Debbie





Brookville Heritage House Center
 Address: 4 Sylvania Street,
 Brookville, PA 15825
 Coordinator: Tammy Miller
 Phone: 814-849-3391
 Email: heritage@jcaaaa.org

Hello everyone and Welcome to our March schedule of events and activities. We have been so busy here at the center that the time is just flying by. If you are not joining us here at the Heritage House, you are missing out! Stop in and check out all the activities that we offer. We have a great center with lots of space, a variety of activities, and most of all a safe & welcoming environment to enjoy and socialize with other seniors. We serve a hot nutritious lunch Monday-Friday at Noon. Our hours are 8 am to 2 pm Monday through Friday. If you have questions give Tammy a call at 814-849-3391. Spending time with others is essential for a senior's mental and emotional health. We have a wide array of activities at the center to choose from and we are always adding new ones.

Mark Your Calendar - Happy Healthy You Day is Back!

Wednesday May 3rd 9am to 1pm at the Heritage House. This year's event will be a great one with lots of information, products, and information for seniors. There will be health and wellness information, skin/body care, make-up, giveaways, and more. You don't want to miss this event.

Regularly Scheduled Weekly Activities

Mondays and Wednesdays Healthy Steps in Motion 10 am

Tuesdays and Thursdays Chair Yoga 10:30 am

Mondays and Fridays Bingo 9 am

Tuesdays Scrabble 10 am

Wednesdays Woodcarving 9 am

Thursdays Coffee with the Veterans 9 am

Other Activities for March

3/3 10:30am St. Patrick's Day Craft

3/10 10:45 am Sentimental Journey Music followed by lunch. Please sign up by 3/2 if you would like to attend and have lunch.

3/17 St. Patrick's Day Tea 10 am join us for this fun event & make sure you wear your GREEN.

3/24 Ceramics 9:30 am

3/24 Care Manager Office hour 11-12

3/29 Smoke Alarm Program 11 am-sign up for smoke alarm installation at your home during this presentation/program.

1st and 3rd Wednesdays of each month at 1 pm hand and foot card game-they will teach you to play if you want to join them.

NEW Men and Women Card Groups 1st and 3rd Tuesdays of the month 1-3 pm. (3/7 and 3/21)

NEW Craft Day 2nd and 4th Tuesdays of the month 1-3 pm. (3/14 and 3/28)

National Holiday Month Activities-March is National Mad for Plaid and National Craft Month. Look for more information soon. Expressing one's creativity provides stress relief and can lower blood pressure much like meditation.

As always, the schedule is subject to change. We try very hard to keep the schedule the same but sometimes we must adjust dates and times. Thank you for your understanding and support!

We painted Cute Valentine's Items and Animals at our February Ceramics Get Together. They turned out really cute and everyone enjoyed themselves.



PUNXSUTAWNEY AREA SENIOR CENTER

Punxsutawney Area Center
Address: 222 N. Findley Street
Punxsutawney, PA 15767
Coordinator: Debbie Long
Phone: 814-938-8376
Email: punxy@jcaaa.org

Our center is open Monday thru Friday from 8:30 to 1:30 – serving lunch at noon, take out at 11:30. Folks 60 and older are welcome to join us. Reserve your meal a day in advance.

I will assist with completing rent and property tax rebate form. Must have an appointment, call 814-938-8376 to schedule.

We offer bingo, movies, book lending library, games, puzzles, special celebrations.

Ice water, freshly brewed iced tea, hot beverages on hand. A treat shows up from time to time.

March 16 – 10:00 – Primary Health Program to be presented at 10

March 17 – 10:00 St Patty's Day celebration with movie, popcorn and hot spiced cider.

March 23 – Consumers will meet at Groundhog Lanes at 10 to bowl (if desired) and a box lunch. The center will be closed. All consumers welcome at bowling alley. You do not have to bowl! We welcome a cheering section.

Please sign up at center a day in advance so we know how many lunches to order. The suggested donation will remain \$2.50 for those 60 and older. JCAAA will be responsible for the cost of the bowling.

This is an out of center activity which we hope to do one Thursday a month. Groundhog Lanes is within walking distance of Center or parking is available at bowling alley.

All consumers participating in Senior Center activities are required to complete an intake form (if you have not already) as we are subsidized by the Commonwealth. I will be happy to assist.

March 24 – Red Cross will conduct a program on smoke alarms at 11. Please sign up at center if you wish to participate. You may sign up to have a FREE smoke alarm installed in your home by local fire department.

March 30 10:00 am Sentimental Journey Music with Julie Lindemuth followed by lunch.

March 31 after lunch, ice cream sundae bar.

We hope to offer a craft in March, to be determined.

Happy Spring!

Photo: Scott, Tim, Joyce, RuthAnn and Brenda are enjoying a pick up game of UNO.





The Reynoldsville Foundry Center
 Address: 45 West Main Street
 Reynoldsville, PA 15851
 Coordinators: Cheryl Hannah
 Phone: 814-653-2522
 Email: foundry@jcaaa.org

Hello from The Foundry!

Please come join us for lunch, we serve a hot and delicious balanced meal every day at noon (just call the day before to reserve yours.

Activities going on at the Foundry include Healthy Steps In Motion every Monday, Wednesday, and Friday from 10:30 am – 11:30am

Monday's from 1:00 pm – 3:00 pm we have a great group at Jam Session who sing and play all kinds of beautiful music.

Thursday's we offer Nickel Bingo from 9:30 am-11:30 am

We have puzzles, games, and dominoes to gather together to do if you don't want to try your hand at bingo.

March 12th - Don't forget to " Spring Ahead" and set your clocks this day for day lights saving time.

Monday March 13th from 6:00 – 7:00 pm Tai Chi begins again at the Foundry on Monday evenings. Come and join in the fun, it is relaxing and good for you too.

Also, on March 14th we have a case manager at the Foundry from 11:00am-Noon to explain any services that you may be in need of or would like to inquire about.

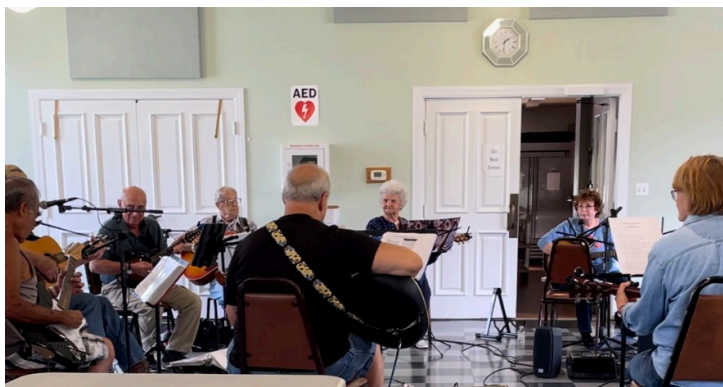
****The Community Nurses and the Case Manager will be here the 2nd Tuesday of every month ****

March 17th is St. Patrick's Day come join us for lunch as we celebrate St. Patrick's Day.

Spring is just around the corner – March 20th we welcome the First Day of Spring – Hooray!

We also celebrate the last Friday of the month with birthday cupcakes. Come and join us at the Foundry

Photo: Jam Session

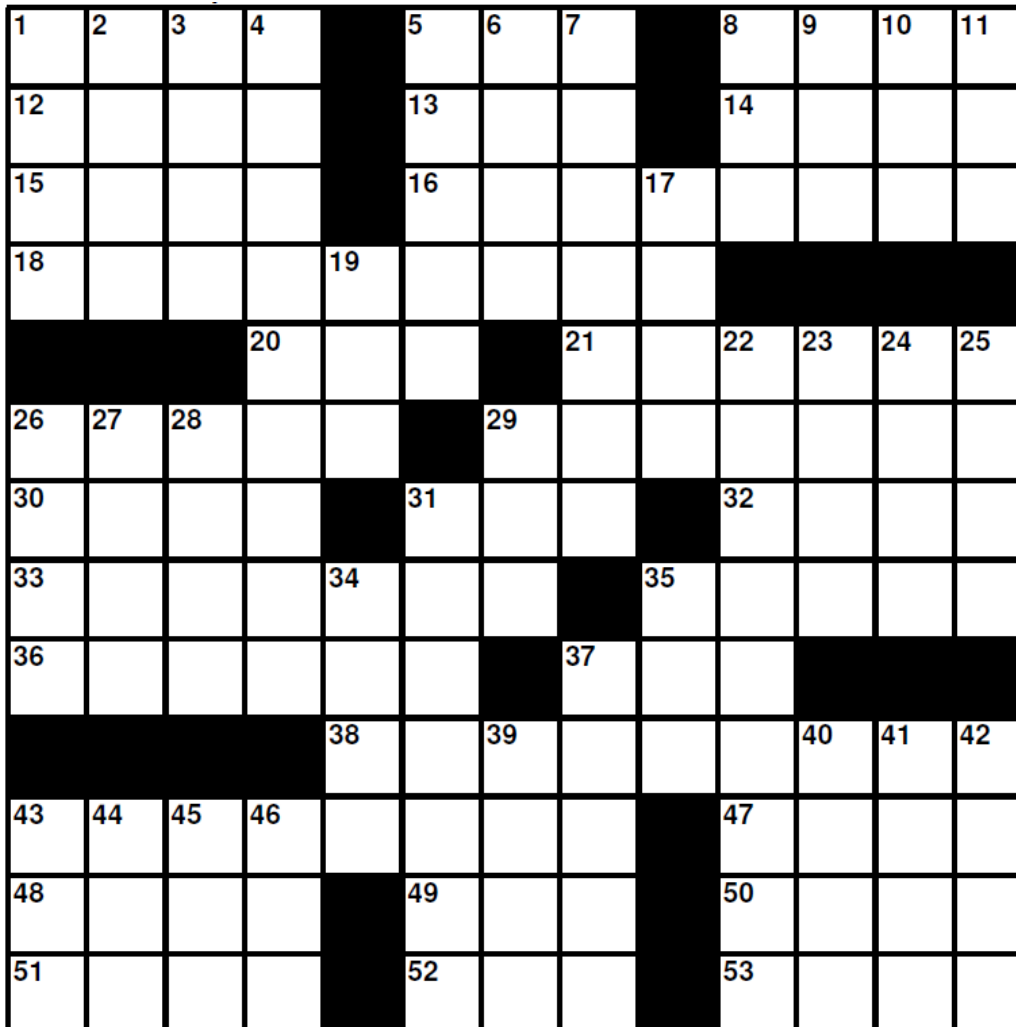




1. Which number in the game of bingo is symbolize by the phrase "two little ducks"?
2. Which country in Africa was formerly known as Abyssinia?
3. Which major tournament did tennis pro Serena Williams win while expecting her first child?
4. In which European city can Orly Airport be found?
5. The echidna and which other animal are the only monotremes known in the animal kingdom?
6. Which geological feature is connected with fissures, vents, and plugs?
7. Who is the author of the "Winnie-the-Pooh" books?
8. What was the first toy to receive television advertising?
9. Which nation consumes the most chocolate per person, trivia?
10. Which Shakespearean play has the longest running time?
11. Who knows what mineral is the world's softest?
12. How many ribs are there in the human body?
13. What shade of eyes do the majority of people have?
14. What is the lowest army rank a US soldier can achieve?
15. Which nation produces the most coffee in the world?
16. Which British girl group featured the name Mel B in its lineup?
17. Who was the first woman to receive the Nobel Prize in 1903?
18. What is ingested by the crocodile in Peter Pan?
19. Which chess piece is limited to diagonal movement?
20. Which ship did Charles Darwin use for his famous expedition that gave rise to his theory of evolution?
21. Which letter in the English alphabet is used the most frequently?
22. What is the lone state that shares only one state's border?

Answers:		1. 22	8. Mr. Potato Head
2. Ethiopia	9. Switzerland	15. Brazil	16. The Spice Girls
3. The Australian Open	10. Hamlet	14. Private	17. Marie Curie
4. Paris	11. Talc	13. Brown	18. A Clock
5. The platypus	12. Twenty-four	21. E	19. A Bishop
6. Volcanoes		20. HMS Beagle	22. Maine
7. A.A. Milne			

Seniors - If you or someone you know is being subjected to abuse, neglect or exploitation, contact JCAA for emergencies 24 hours a day at 1-800-852-8036.

**DOWN**

1. Leonardo's " ____ Lisa"
2. Figure skater's jump
3. Vegetarian's taboo
4. Aardvarks
5. Coliseum
6. Cougar
7. Radiated
8. Radio spots
9. Sheep's comment
10. Blunder
11. Pig's digs
17. Noticed
19. Kitchen and parlor (abbr.)
22. Practice session
23. Wide-mouthed pitcher
24. Calcutta dress
25. Plenty (2 wds.)
26. Make waterproof
27. Jazz great ____ Fitzgerald
28. Pub beverages
29. Disencumber
31. Abandons
34. Ripped
35. ____ culpa
37. Metal fastener
39. Bad grades
40. Mound
41. Periods in history
42. ____ the waters
43. Ship's record
44. "Snakes ____ Plane" (2 wds.)
45. ____ a boy!
46. Summit

ACROSS

1. Doll's cry
5. King Kong, e.g.
8. Lincoln and Vigoda
12. Plow-pulling animals
13. Sailor's drink
14. Pub missile
15. Tidy
16. Envoy
18. Take turns
20. Med. group
21. Mother ____ (missionary)
26. Thrones
29. Subscription extension
30. Fashion magazine
31. Achieved
32. Brave person
33. Warned
35. Earn
36. Lariats
37. Adriatic, e.g.
38. VIP's walkway (2 wds.)
43. Dawdler
47. Male parent
48. Aware of
49. Golf gizmo
50. Cry of sorrow
51. Pant
52. Vane dir.
53. For fear that

VITA TAX Program

Clarion and Jefferson County taxpayers earning \$60,000 or less may qualify for Free VITA income tax preparation. Appointment scheduling begins January 9, 2023 with tax preparation appointments starting February 6, 2023.

Please call Community Action Inc. at 814-226-4785 x 107 to leave your name and phone number. A worker will call back to schedule an appointment; please only call once. Signup sheets are also available at the Brockwayville Depot, the Heritage House, and The Foundry Senior Centers in Jefferson County; please do not call the Centers.

ADDRESS SERVICE REQUESTED

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

