



JEFFERSON COUNTY  
AREA AGENCY ON AGING

186 Main St STE 2 \* Brookville, PA 15825  
Phone: (814) 849-3096 1-800-852-8036  
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[www.jcaaa.org](http://www.jcaaa.org)



**Celebrate the  
Senior Nutrition Program**  
2024 · CONNECTION IN EVERY BITE

**SENIOR NUTRITION PROGRAM ANNIVERSARY**

This March, the Jefferson County Area Agency on Aging joins the Administration for Community Living (ACL) and senior nutrition service providers across the country in celebrating the anniversary of the national Senior Nutrition Program.

Since 1972, the Senior Nutrition Program has supported nutrition services for older adults. Funded by the Older Americans Act, local senior nutrition programs serve as hubs for older adults (60 and older) to access nutritious meals and other vital services that strengthen social connections and promote health and well-being.

Jefferson County Area Agency on Aging provides nutrition services to seniors in Jefferson County. In 2023, we served **41,944 home-delivered meals** and **18,340 meals at our four senior community centers** and the Summerville Eats



& Sweets Restaurant. That’s over 60,000 meals served just in Jefferson County, Pennsylvania!

But our program goes beyond food – we work to reduce social isolation and focus on overall health and well-being. We host many activities at our senior centers daily to help get people moving and staying healthy, and we connect older adults with other community supports like local law enforcement presentations on scams, local author book signings, artists, and more. Check out the senior center activity pages in this newsletter and our March menu!

Want to learn more about the senior nutrition program? Plan to attend a presentation by registered dietician, Scott Roble, on:

- Heritage House 3/20 at 11:15-noon
- Reynoldsville 3/27 at 11:15- noon

**There is no excuse for elder abuse. If you or someone you know is being subjected to abuse, neglect or exploitation, contact JCAAA Protective Services at 1-800-852-8036.**



**Brockwayville Depot**  
 Coordinator: Cheryl Moore  
 Phone: 814-265-1719  
 Email: depot@jcaaa.org



Coordinator: Tammy Miller  
 Phone: 814-849-3391  
 Email: heritage@jcaaa.org

**The Brockwayville Depot Senior Center offers many activities to participate in.**

**We welcome suggestions on activities!**

**Hours are Monday-Friday 8:00am-1:00pm**

**Call 814-265-1719**

### Healthy Steps in Motion –

Every Monday and Thursday at 10

**Chair Yoga –** Every Wednesday at 11

**LUNCH –** well-balanced meal Monday-Friday at 11:30. Please make a reservation the day before. Suggested donation is \$2.50.

**BREAKFAST – EVERY TUESDAY.** 7:30-9:30. No reservation needed. Suggested donation is \$2.50.

### Available everyday:

Lending Library, Courier Express newspaper, shoot a game of pool, hot coffee, socializing!

### Coming Up:

March 15th - Celebrating St. Patrick's Day. Wear your green!

March 19th - Ceramics with Debbie at 9:30 (date subject to change)

March 21st - Grocery Bingo at 6pm (weather permitting)

April 15th – Seneca Alleghany Casino bus trip. Must sign up and pay \$37.00. Call 814-265-1719 to reserve your seat.

### Welcome to March Everyone!

We have some great events at the center this month. There are more listed at the center & on our Facebook page "The Heritage House Center", so please stop by or check out our page. Make sure you sign up at the center if you are attending any of the events, this helps me plan accordingly.

**Friday March 8** at 9:30 am Ceramics

**Friday March 15** 10:15 am Signs & Symptoms of a Heart Attack Program

**Friday March 22** 10:30 am Julie Lindemuth Music Program

The center will be **closed on Friday March 29th** for the Holiday-We will be back on Monday April 1st at 8 am.

**We have our weekly activities as well:** Chair Yoga Tues & Thurs 10:30-11:30 am, Healthy Steps in Motion 10-11:30 am, Bingo Mon & Fri 9 am, Woodcarvers Weds 9 am, and Coffee with the Vets Thursdays 9 am.

**"The Quilted Heart Project"** is happening right now.

If you find a quilted heart, please take a photo & post it on our Facebook page on the Quilted Heart Project Post. You can keep it if you wish or leave it for someone else to find. This project was created with multiple purposes:

it gives the seniors great joy to make things for others, it brings a Smile to someone's face when they find a heart, and it keeps us all active & socializing while going out to disperse the hearts in the surrounding area for people to find.



Looking Ahead-Happy Healthy You Day May 1st-make sure you get that on your calendar.



**PUNXSUTAWNEY AREA  
SENIOR CENTER**

Coordinator: Debbie Long  
Phone: 814-938-8376  
Email: punxy@jcaaa.org

**March 1** – glaze porcelain eggs. This project may extend to another day. Sign up. Consumer will receive a bisque fired egg to glaze, There will be many choices of glazes, instructions available.

**March 14 and March 28** – bowling – 10 to noon (lunch will be available for dine in or take out)

**March 13** – Assistance completing Rent and Property Tax Rebates from 1 until 3 at the Punxy Center. No appointment necessary.

**March 14** – Kip to present program on technology at 10 am

**March 15-** Scavenger hunt with prizes. Sign up.

**March 18** – Tessa from Primary Health will provide a program with activities – 10 am

**March 27** – Easter Bingo sign up – (9:30 until 11). Prizes will be given.

**March 28** – Ice cream following lunch

Dates and times may change depending on circumstances. If this should occur, those signed up will be notified and it will be reported on FB

We are located within the ATA building – 222 N. Findley St, Punxsutawney

Hours M – F 8:30 to 1:15.

Lunch served daily at noon for those dining in and available 11:30 for take out. Order a day in advance. The meals are delicious and prepared daily in Brookville by the Nutrition Group.

The Center will be closed Friday March 29 (Good Friday)

Call Debbie at 814-938-8376 with any questions.

Stop in and enjoy the fun!



Coordinators: Cheryl Hannah  
Phone: 814-653-2522  
Email: foundry@jcaaa.org

**Hello from The Foundry in Reynoldsville!**

Here are a few pictures from recent activities and learning that we had at the Foundry. Top picture is of Troopers Chewing and Trooper Norbert who came and spoke to us on January 25th to make us aware of how to stay safe and be aware of our surroundings. On January 30th we had Dale and Sue Krysinski, along with Sadie the Therapy dog. On January 29th we celebrated Ruth Fillhart's birthday. Julie Lindemuth came and performed her "Sentimental Journey" collection of beautiful songs and gospel songs.

Coming up at the Foundry on **March 1st** (weather permitting) First Dance of the Year with "Ain't Nothin Fancy". Doors open at 5:30 pm and dance is 6-9 pm.

**Saturday March 16th** we are having our Spring/Craft Show from 9am-1pm.

**Nickel bingo Thursdays** at 9:30-11:30am

**Healthy Steps in Motion** every Monday, Wednesday, Friday 10:15am-11:30am

**Jam Session Mondays** from 1-3 pm

**Tai Chi** – looking to start April 1st through May 20th every Monday evening from 6-7pm with Kim and Cheryl



## Caregiver Support Group

**March 7, 2024 at 3:00pm**

Heritage House Senior Center  
4 Sylvania Street Brookville, PA 15825

Group Facilitator: Kristine Santiso  
LMSW, CCM, ACM-SW, NCG, CDP

Caregiving can be a very rewarding experience but also places added stress on a caregiver's life. If you are a caregiver, please plan to attend the Caregiver Support Group at the Heritage House. Here you will have the ability to discuss and be educated on concerns, stressors, and topics only caregivers will understand.

Sitting service is available for your loved one while you attend the support group. Call to sign-up. Meetings will take place the first Thursday of every month at 3:00pm.

Please RSVP or to ask questions:

Jefferson County Area Agency on Aging 814-849-3096

**CAREGIVER**

## Summerville Eats & Sweets

**March 2024 Menu. Lunch available 11am-2pm on Tuesdays**

- 3/5 Chicken Salad Croissant, chips, mandarin oranges
- 3/12 Chicken Mashed Potato Bowl
- 3/19 Grilled Cheese, Chili, Cottage Cheese
- 3/26 Grilled Chicken Salad, Roll, White Cake

Meal includes a 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\*

The restaurant reserves the right to substitute items with something similar.

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

**This program is only open to Jefferson County seniors only.**

If you would like to donate for meals, please consider sending a contribution to: Jefferson County Area Agency on Aging, 186 Main Street, Suite 2, Brookville, PA 15825

Every Non-Profit Area Agency on Aging must have an Advisory Council.

The purpose of the council shall be to represent the older people of Jefferson County and review and evaluate existing and proposed programs available.

- The Advisory Council will meet four (4) times per year.
- The Advisory Council will advise on the Four-Year Area Plan, nutrition program, budget, legislative policies, and Health & Wellness programs.
- We are seeking individuals of all ages but specifically those age 60 and older to serve.

### What will you do?

- ✓ Attend Quarterly Meetings **(First meeting on March 27<sup>th</sup> at 1:00pm at Brookville Heritage House)**
- ✓ Be or become familiar with the needs and challenges of older adults and individuals with disabilities.
- ✓ Confer with the Area Agency on Aging executive director regarding the Four-Year Area Plan
- ✓ Participate in the development of the Four-Year Area Plan.
- ✓ Ensure that the public is informed concerning the needs of the Jefferson County elderly.
- ✓ Review and comment on community policies, programs, and actions affecting older persons (Local and State policies).
- ✓ Share the mission and information about the Area Agency on Aging with the community.
- ✓ Serve for maximum of 3 years.

**QUESTIONS? Call Molly McNutt at 814-849-3096**



### Box Office Hits

APOCALYPSE NOW  
 AVATAR  
 AVENGERS AGE OF ULTRON  
 DIRTY DANCING  
 ET THE EXTRA TERRESTRIAL  
 EXODUS GODS AND KINGS  
 FIDDLER ON THE ROOF  
 FIFTY SHADES OF GREY  
 GODZILLA  
 GONE WITH THE WIND  
 GREASE  
 GUARDIANS OF THE GALAXY  
 HARRY POTTER  
 HERCULES  
 INCEPTION  
 INDEPENDENCE DAY  
 INDIANA JONES

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INTERSTELLAR	MAN OF STEEL	THE DARK KNIGHT RISES	TITANIC
INTO THE WOODS	OUT OF AFRICA	THE DEER HUNTER	TRUE LIES
IRON MAN	PACIFIC RIM	THE HOBBIT	TWILIGHT
JOHN CARTER	PIRATES OF THE CARIBBEAN	THE HUNGER GAMES	X MEN DAYS OF FUTURE PAST
KING KONG	PULP FICTION	THE INCREDIBLE HULK	
LES MISERABLES	STAR TREK INTO DARKNESS	THE LONE RANGER	
LITTLE MISS SUNSHINE	STAR WARS	THE LORD OF THE RINGS	
MAD MAX FURY ROAD	THE ABYSS	THE TEN COMMANDMENTS	
MALEFICENT	THE AMAZING SPIDER MAN	THE TERMINATOR	
	THE CHRONICLES OF NARNIA	THOR THE DARK WORLD	

**Jefferson County Area Agency on Aging Main Office  
 and Senior Centers will be closed on 3/29/2024.**




Jefferson County  
Senior Center Menu



**Phone Numbers:**

Brockway 814-265-1719  
Brookville 814-849-3391  
Punxy 814-938-8376  
Reynoldsville 814-653-2522

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>RESERVATIONS/ CANCELLATIONS REQUIRED with 24 Hour Notice.</b></p> 	<p><b>Centers NOT open on weekends to take reservations for Monday.</b></p>	<p><b>*Menu subject to change*</b></p>		<p>1 Baked Crab Cakes 1/2c Cheesy Potatoes 1/2c Peas 1 Wheat Bread 1/2c Cottage Cheese &amp; Peaches</p>
<p>4 Lemon Dijon Pork Loin 1/2c Buttered Pasta 1/2c California Blend 1 Wheat Bread 1/2c Pineapple Tidbits</p>	<p>5 Cheese Omelet w/ Ham, Peppers, Onions 1 Sausage Patty 1/2c Breakfast Potatoes 1 Cinnamon Roll 4oz Apple Juice</p>	<p>6 Pasta &amp; Meatballs (4) 1/2c Pasta w/ Marinara 1c Tossed Salad w/ Tomato 1 Garlic Breadstick 1/2c Mixed Fruit Salad</p>	<p>7 Pepper Steak w/ Onions &amp; Peppers 1/2c Whipped Potatoes 1/2c Diced Carrots 1 Wheat Bread 1/2c Blushed Pears</p>	<p>8 Egg Salad Sandwich Lettuce &amp; Tomato 1c Tomato Soup w/ Crackers 2 Whole Wheat Bread 1/2c Cinnamon Applesauce</p>
<p>11 Cheeseburger Stroganoff 1/2c Green Beans 1 Breadstick Fresh Fruit</p>	<p>12 BBQ Pork Ribette 1/2c Creamy Coleslaw 1/2c Green Beans 1 Sandwich Roll Seasonal Fresh Fruit 1/2 c. Pudding</p>	<p>13 Chicken Cobb Salad (Diced Chicken, Egg, Bacon Bits, Cheddar, over 1c. Mixed Greens 1/2c. Pickled Diced Beets 1 Dinner Roll 1 Piece Cake</p>	<p>14 Winter Beef Stew 1/2c Mixed Vegetables Cornbread 1/2c Apple Crisp</p> 	<p>15 Vegetable Lasagna Topped w/ Cream Sauce 1c Tossed Salad w/ Dressing Garlic Breadstick Cherry Chip Cake w/ Topping 1/2c Fruit Cocktail</p>
<p>18 Hot Dog 1/2c Garlic Whipped Potatoes 1/2c Sauerkraut 1/2c Island Blend Vegetable 1 Hot Dog Bun 1/2c Pudding</p>	<p>19 Honey Rosemary Chicken 1/2c Buttered Noodles 1/2c Brussel Sprouts 1 White Bread 1/2c Peaches</p>	<p>20 Baked Meatloaf w/ Gravy Baked Potato w/ Margarine 1/2c Peas 1 White Bread Seasonal Fresh Fruit</p>	<p>21 Open Faced Turkey Sandwich w/ Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Corn 1 White Bread 1 Cookie</p> <p><b>*deadline to signup for Easter Lunch</b></p>	<p>22 Tuna Salad Sandwich w/lettuce &amp; tomato 1c Cream of Potato Soup 2 White Bread 1/2c Pudding 1 bag of chips Fresh Orange</p>
<p>25 Chicken Parmesan w/ 1oz Shredded Cheese 1/2c Rotini w/ Sauce 1c Tossed Salad w/ Tomato 1 Garlic Breadstick 1/2c Mixed Fruit</p>	<p>26 Grilled Chicken Salad (2oz Chicken, 1oz Ched- dar, over 1c Mixed Greens w/ Tomato) 1c Bean Soup 1 Dinner Roll 1/2c Gelatin</p>	<p>27 Burgundy Glazed Meatballs (4) 1/2c Rice 1/2c Roasted Brussel Sprouts 1 Wheat Bread 1/2c Pears</p>	<p>28 <b>Easter Lunch</b> Honey Ham 1/2c Scalloped Potatoes 1/2c Honey Glazed Carrots 1/2c Coleslaw 1 Dinner Roll Spice Cake</p>	<p>29 <b>Good Friday Centers Closed</b></p>





# Are you a military veteran in need of food?

## Military Share in Jefferson

Our next distribution will be

Thursday, April 4<sup>th</sup>.

*The Military Share program of Second Harvest Food Bank of Northwest Pennsylvania delivers fresh, nutritious foods to individuals and families who are in need and meet income requirements with at least one member who has served or is serving in the Armed Forces or National Guard.*

### Distribution Details

**Location: Jefferson County Fairgrounds;  
1514 State Route 28, Brookville, PA. 15825**

**Time: 3:00 P.M. First Come, First Served.**

***\*\*Distribution will be in a drive-thru format.***



For all inquiries and qualifications for this FREE program, please call the Second Harvest Food Bank Food Helpline: 814-459-3663 extension 117.

## The VITA Tax Preparation.

Sign up forms will be available at Brockway Depot Senior Center, Heritage House Senior Center, and Reynoldsville Foundry Senior Center. **The best way to make an appointment is to call Community Action at 814-226-4785 extension 107.** You must leave a message with your name, phone number, and location you wish to go for the tax appointment.

Please only leave **one message.**

You will be contacted to schedule the appointment. There are no age restrictions but there is an income restriction (\$60,000). The person calling to schedule your appointment will review details.

