



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

JEFFERSON COUNTY AREA AGENCY ON AGING

2024 SENIOR PICNIC AND HEALTH FAIR



THURSDAY SEPTEMBER 19TH
TIME: 10:00AM – 1:00PM

LOCATION:

JEFFERSON COUNTY FAIRGROUNDS
1514 ROUTE 28 NORTH
BROOKVILLE, PA 15825

JOIN US FOR FREE:
HEALTH SCREENINGS
COMMUNITY RESOURCES
PRIZES
LUNCH
AND MORE!

TO SIGN-UP PLEASE VISIT
WWW.JCAAA.ORG
OR CALL OUR MAIN OFFICE AT
814-849-3096
OR SCAN THE QR CODE



JEFFERSON COUNTY
AREA AGENCY ON AGING



Caregiver Support Group

New Meeting Time August 1 - 4:00pm

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 4:00pm.

Please RSVP or to ask questions:

Jefferson County Area Agency on Aging 814-849-3096



Summerville Eats & Sweets

Lunch available 11am-2pm on the first Tuesday of each month.

August 6: Hamburger with Macaroni Salad Baked beans and a Cookie

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.

We encourage you to visit one of our senior centers for hot meals the other days of the month. There is a suggested donation of \$2.50 per meal at the restaurant paid to JCAAA.

Our menu and other activities can be found on our website www.jcaaa.org and in this newsletter.

Types of Gemstones

L	I	P	E	A	R	L	A	E	I	A	I	T	D
A	I	E	A	K	P	E	R	I	D	O	T	D	D
R	Q	D	A	R	U	A	Z	U	R	I	T	E	I
U	I	U	L	T	A	N	J	K	A	A	U	S	A
I	Z	N	A	A	A	R	Z	A	G	R	R	A	M
C	R	O	Z	M	R	N	R	I	D	A	T	P	O
I	T	I	T	D	A	E	Z	E	T	E	R	P	N
T	P	O	O	L	Y	R	M	A	I	E	A	H	D
R	R	R	P	D	A	G	I	E	N	J	P	I	Z
I	P	M	P	A	M	A	D	N	K	I	I	R	T
N	L	R	L	L	Z	R	I	E	E	R	T	E	A
E	O	N	Y	X	R	N	E	E	I	O	U	E	E
U	L	A	P	O	R	E	P	S	A	J	L	B	N
A	L	T	S	Y	H	T	E	M	A	X	D	I	Y

- TOPAZ
- EMERALD
- KUNZITE
- AQUAMARINE
- ONYX
- AZURITE
- CITRINE
- SAPPHIRE
- AMETHYST
- JASPER
- DIAMOND
- PEARL
- RUBY
- GARNET
- TANZANITE
- PERIDOT
- JADE
- OPAL



Pennsylvania SeniorLAW HelpLine

1-877-PA SR LAW (1-877-727-7529)

A toll-free, statewide telephone service providing legal information, advice, brief services and referrals to Pennsylvania seniors

This is a free and confidential service for adults 60 years of age and older

Expanded services for seniors experiencing financial exploitation and/or elder abuse

Identity Theft

Deed Fraud

Lost or Stolen Wallet

Loan Document Forgeries

Credit Card Fraud

Home Improvement Fraud

Unauthorized use of Bank Accounts

Scams: IRS, Check Scams, Sweepstakes, Reverse Mortgage Scams, Healthcare Scams, and Investment Scams

Abuse of Power of Attorney

Domestic Violence

Additional topics include:

Housing

Family Law

Consumer Problems

Homeownership

Personal Planning

Healthcare

Pensions

Other civil legal issues

HelpLine Contact Information:

1-877-PA SR LAW (1-877-727-7529)

215-988-1242 (Philadelphia County)

610-910-0215 (Delaware or Chester County)

610-910-0210 (Bucks or Montgomery County)

Interpretation services available in 150 languages

THANK YOU to the following organizations for your generous donation to our cause:

Brookville Fireman's Club	\$ 1,000.00
Worthville TWP	\$ 300.00
Heath TWP	\$ 30.00
McCalmont TWP	\$ 100.00
Washington TWP	\$ 500.00
Beaver TWP	\$ 100.00
Brockway Historical Society	\$ 200.00
Brockway Borough	\$ 550.00
Clover TWP	\$ 500.00
Knox TWP	\$ 400.00
Pine Creek TWP	\$ 1,000.00
Reynoldsville FOE	\$ 500.00
Snyder TWP	\$ 800.00
Ringgold TWP	\$ 400.00
Winslow TWP	\$ 950.00
Brockway Kaimanns	\$ 100.00



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. If you would like to make a tax deductible donation please send check made payable to JCAAA and mail to 186 Main Street, Suite 2, Brookville, PA 15825



Music Night returns in Reynoldsville on August 2nd!

Band is Crossfire

Doors open at 5:30 pm dance will be from 6-9 pm.

Food and drinks available for purchase.

Please consider making a donation of \$5.00 at the door to help us with covering the cost for an upcoming band.

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



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
RESERVATIONS/ CANCELLATIONS REQUIRED with 24 Hour Notice. 	Centers NOT open on weekends to take reservations for Monday. *Menu subject to change*		1 Baked Lemon Pepper Fish 1/2c Rice Pilaf 1/2c California Blend Vegetables Dinner Roll Seasonal Fresh Fruit	2 Baked Meatloaf w/ Gravy 1/2c Mashed Potatoes 1/2c Peas 1 White Bread 1/2c Gelatin
5 BBQ Ham Sandwich 1/2c Diced Redskin Potatoes 1/2c Three Bean Salad Sandwich Roll 1/2c Pineapple Tidbits Cookie	6 Pasta & Meatballs (4) 1/2c Pasta w/ Marinara 1c Tossed Salad w/ Tomato, Pepper, & Cucumbers 1 Garlic Breadstick 1/2c Mixed Fruit Salad	7 Veggie Omelet w/ Peppers, Onions, Cheese 1 Sausage Patty 1/2c Breakfast Potatoes 1 Cinnamon Roll 4oz Apple Juice	8 Grilled Chicken Caesar Salad 1c Mixed Greens (Diced Chicken, Parmesan, Tomato, Croutons) 1c Cream of Broccoli Soup Dinner Roll	9 Pesto Crusted Chicken 1/2c. Bowties 1c. Toss Salad w/ tomato & dressing Italian Bread Seasonal Fresh Fruit
12 Pot Roast w/ Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables 1 Italian Bread 1/2c Peach Crisp	13 Baked Salmon w/ White Wine Cream Sauce 1/2c White Rice 1/2c Island Blend Vegetables Wheat Bread 1/2c Cinnamon Applesauce	14 Hot Dog 1/2c Cheesy Potatoes 1/2c Green Beans 1 Hot Dog Roll 1/2c Pineapple & Mandarin Oranges Cookie	15 Salisbury Steak w/ Gravy Baked Potato w/ Margarine 1/2c Broccoli 1 Wheat Bread 1/2c Gelatin	16 BBQ Chicken Breast 1/2c. Brown Rice 1/2c. Carrots Wheat Bread Fresh Orange
19 Baked Cabbage Casserole 1/2c Garlic Whipped Potatoes 1/2c Carrots 1 White Bread Seasonal Fresh Fruit	20 Swedish Meatballs (4) w/ Gravy 1/2c Buttered Noodles 1/2c Peas 1 Dinner Roll Seasonal Fresh Fruit	21 Roast Pork w/ 2oz Sauerkraut 1/2c Whipped Potatoes w/ Chives 1/2c Mixed Vegetables 1 Wheat Bread Cookie	22 Baked Pollock 1/2c Macaroni & Cheese 1/2c Stewed Tomatoes 1 Wheat Bread 1/2c Mandarin Oranges	23 Taco Bake (3oz Taco Meat, .5oz Cheddar, Lettuce, To- mato, Salsa) Tortilla Chips 1/2c Corn w/ Pimentos 1/2c Pineapple
26 4oz BBQ Pulled Pork Sandwich 1/2c Pepper Coleslaw 1/2c Ranch Potatoes Sandwich Roll Cookie	27 Baked Beef Ravioli (6) w/ 1oz Shredded Cheese 1c Tossed Salad w/ Tomato 1 Italian Bread Seasonal Fresh Fruit	28 Open Faced Turkey Sandwich w/ Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn 1 White Bread Cookie	29 Cheeseburger w/ Lettuce, Tomato 1c Creamy Potato Soup w/ Crackers 1 Hamburger Roll Seasonal Fresh Fruit	30 Chicken, Spinach & Cranberry Salad w/ Dressing (3oz chix, .5oz cheese, 1t. Cran) 1c. Mixed Greens & Spinach 1/2c. Beets



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

Monday and Thursday: Healthy Steps at 10

Wednesday: Chair Yoga at 11

We offer a well-balanced meal Monday through Friday, eat in or take-out starting at 11:30. Reservations needed for these the day before.

NO BREAKFAST FOR AUGUST!! WE ARE TAKING A BREAK. We will return on Tuesday September 3rd. Menu will be Ham and Eggs.

Also offered everyday:

Borrow a book from our library! Courier Express delivered every day to read here.

Shoot a game of pool. Always looking for new players! And we are never short of coffee and socializing !

Aug 6: Blood Drive 1-5

Aug.12: Seneca Alleghany Casino 9AM Bus is leaving

Aug.15: Grocery Bingo 6PM

Aug 16: Birthday Celebration with lunch

Aug 20: Ceramics with Debbie 9:30AM

Aug 21: Primary Health Presentation 11:00AM

Don't forget to sign up for the **Senior Picnic** Sept.19 from 10-1!

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

Every Tuesday Getting Crafty with Friends 1-3 pm

Wednesdays Woodcarving 9 am

Thursdays Coffee with the Veterans 9 am

Other Activities for August

Friday August 2nd at 10 a.m. Becky Simpson Heart Health

Monday August 5th at 10:00am-11:45am Self Defense Class

Friday August 9th Handmade Greeting Cards for the Nursing Homes

Tuesday August 13th 10 a.m. Tablet Tech with Kip

Friday August 16th-Sherri Patterson/The Primary Health Network types of strokes & treatments 10 am

Friday August 23rd-Cheryl Shellhammer Community Action Activity & Learning 10:30 am

Friday August 30th-Tessa Winebark/The Primary Health Network/Punxsy Interactive learning & healthy tips 10:30 am

**PUNXSUTAWNEY AREA
SENIOR CENTER**

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



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

Happy August.

Beat the heat, we have air conditioning.

We are open Monday thru Friday from 8:30 to 1:15. Take out meals at 11:30, dine in noon. Must order a day in advance. Suggested donation \$2.50. Menu available.

Bingo is offered every Monday beginning at 9:30. We need a minimum of 3 to play.

Daily – coloring club. Books and crayons available. Good conversation!

We have the necessary supplies to paint on slate. This can be done any day

Monday August 5 – Carnival Day at the Reynoldsville Foundry! Hosted by the Clearfield Jefferson Drug & Alcohol Commission. Food and Prizes! Transportation available. Sign-up with Debbie.

Wednesday August 7 - healthy fruits samples and information on their benefits

Monday August 12 – making sun catchers (moved from July)

Tuesday August 13 – celebrating August birthdays

Wednesday August 14 – Kip the tech guy 9:30am

Thursday August 21 – chair exercises 10am

Other activities can be added. Suggestions welcome.

Hello from the Foundry!!

Summer is sure flying by isn't it?

Stop by the Foundry for fellowship, coffee, and good conversation. We are open M-F from 9am – 2pm

What's going on at the Foundry? Well, we have a delicious lunch everyday at noon – we just need to know the day before to reserve yours!

Monday and Wednesdays we have **Healthy Steps in Motion** that will get you moving and feeling great! It is a full body gentle workout you can do seated or standing.

Also on Monday afternoons from 1-3 pm come and enjoy some beautiful music with **Jam Session**. We have very talented local artists who gather together and JAM! They will get you singing along and your toes tapping to the music!

August 2nd – MUSIC NIGHT with Crossfire! Doors open at 5:30 pm dance will be from 6-9 pm. Come enjoy the music and our dinner! We will have hot dogs, chips, potato salad, water, soda, coffee and delicious desserts all available for purchase. Please Note – the cost for these items will be higher than before due to costs beyond our control. Please don't hassle the volunteers! We are trying our best to offer a fun night to all!

August 5th – Carnival! Games and snacks with the Clearfield Jefferson Drug & Alcohol Commission 9:30am-noon

August 15th – Birthday Celebration with cupcakes or cookies at lunch.

August 16th - OPEN HOUSE the week of Reynoldsville Homecoming. The Foundry will be open on Friday August 16th from 4:00pm-6:00pm so people can stop by say hello, have a cool drink and maybe even win a prize!

August 29th we are planning on a lunch and learn visiting Spain! Come and have lunch!

Join us on August 16, 2024 for an Open House!

Where: Reynoldsville Foundry Senior Center

45 W. Main St. Reynoldsville, PA 15851

Time: 4:00pm-6:00pm

Questions? Call 814-653-2522

Tour our beautiful historic building and see what programs we offer for seniors. Prizes available for all those that stop in!

