



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



2025 Senior Farmers Market Nutrition Program – What to Expect

The Senior Farmers Market Nutrition Program helps low-income seniors buy fresh produce from local farmers and runs June 1st to November 30th each year.

As the season approaches, it is important to note some changes in how the program will be implemented by our agency. We will have in-person distribution at our senior centers as well as by mail. You may call the Main Office at 814-849-3096 with questions.

Eligible applicants will receive \$25 in vouchers

(half the amount that was issued last year) redeemable at participating farmers markets and stands. Stay tuned for more information!

VOUCHERS AVAILABLE AFTER JUNE 1ST



Toll Road Text Scams

If you receive a text claiming to be from a highway authority or a transponder company like E-ZPass notifying you of supposed unpaid tolls, **never click on the link or comply with their demands in any way** — the text is a scam. Sometimes the text can appear very convincing, as scammers often find ways to tailor the texts to specific state and may even target those who have recently traveled.

The Pennsylvania Turnpike Commission (PTC) does not ever text drivers for payment, nor will they ask customers to send money via a link or another payment process like Zelle or Venmo. (However, customers with an actual significant overdue balance with the PTC may be contacted by text by one of these debt collection agencies: *Harris and Harris* or *TSI*. Both companies will include their name, company information, and legitimate details relating to your account in the message.)

If you think you're a victim of a scam concerning your PA Turnpike toll accounts, check your personal E-Z Pass account online to verify account balances and other personal information. If you're still unsure, call their Customer Service Center at (877) 736-6727.

Conversation Starters

Try it at the Senior Centers over lunch!

- If you won \$1,000, what would you do with it?
- Among all your friends, who is the funniest and why?
- If you could change your name, what would you be called?
- Who is the nicest person you know and why are they nice?
- What is your best family vacation memory and why?
- What are your favorite meals for breakfast, lunch, and dinner?
- Who is your favorite singer and what is your favorite song?
- Would you rather live in the mountains or at the beach?
- If you could change one thing about your day, what would it be?
- What do you want to be when you grow up?
- What makes you happy and why?
- If you could have an unlimited supply of one thing for the rest of your life, what would it be?
- If animals could talk, which species would you want to have a conversation with first?
- If you could teleport anywhere right now, where would you go?

Property Tax/Rent Rebate Program

As of January 21st, homeowners, renters, and some residents of personal care / nursing homes may be eligible for a rebate of up to \$1,000 on their paid taxes or rent. Applicants must be 65 or older, widows/widowers 50 or older, or 18 or older with a disability. The money issued is based on the applicant's annual household income:

UPDATED INCOME GUIDELINES

Income	Maximum Rebate
\$0 - \$8,270	\$1,000
\$8,271 - \$15,510	\$770
\$15,511 - \$18,610	\$460
\$18,611 - \$46,520	\$380

You can apply online on pa.gov, or you can receive assistance in person by scheduling an appointment at JCAAA Main Office. Please call 814-849-3096 or email info@jcaaa.org to schedule an appointment.

Caregiver Support Group

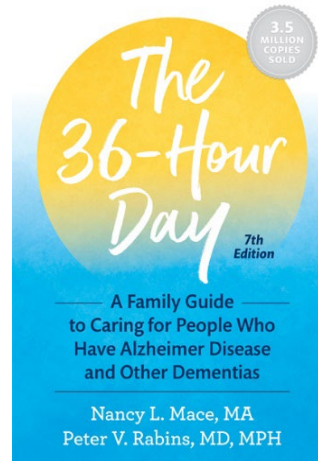
May 1 - 4:00pm

Heritage House Senior Center 4 Sylvania St Brookville

Group Facilitator: Kristine Santiso

LMSW, CCM, ACM-SW, NCG, CDP

A JOHNS HOPKINS PRESS HEALTH BOOK



Please RSVP or to ask questions:

Jefferson County Area Agency on Aging 814-849-3096



Seniors For Safe Driving

Mature Driver Improvement Course

In-Person Classes	
<p>Brookville Heritage House 4 Sylvania St Brookville, PA 15825</p> <p><u>TWO CLASS OPTIONS:</u> June 27, 2025 September 12, 2025 9am-1pm</p>	<p>Reynoldsville Foundry Senior Center 45 W. Main St Reynoldsville, PA 15851</p> <p><u>TWO CLASS OPTIONS:</u> June 24, 2025 October 7, 2025 9am-1pm</p>
<p>Course Tuition \$17.00 per student Due at time of registration</p>	<p>To register or find additional courses visit: www.seniorsforsafedriving.com Call: 1-800-559-4880</p>



VOLUNTEERS NEEDED!

Flexible Volunteer Opportunity!!

*Do you enjoy helping others?
Do you try to find ways to brighten someones day?
Does being a listening ear sound rewarding to you?*

- Make routine, scheduled calls to Caregivers to be a friendly voice to provide support and share resources & information.
- Send thoughtful, happy notes or words of encouragement to Caregivers and the loved ones they care for!

~ Spread kindness from the comfort of your own home or along side our team at the main office in Brookville.
~ Costs associated with volunteering are covered by the Jefferson County Area Agency on Aging.

Contact us today to learn more about this exciting volunteer opportunity with JCAAA's Caregiver Support Program!

**For more information call
814-849-3096 ext: 295 and
speak with Ciera**



Baseball Players

Babe Ruth
Barry Bonds
Billy Martin
Billy Williams
Bret Saberhagen
Cal Ripken, Jr.
Catfish Hunter
Curt Schilling
Cy Young
Dale Murphy
Darryl Strawberry

Dazzy Vance
Derek Jeter
Dizzy Dean
Don Drysdale
Don Sutton
Fred McGriff
Henry Aaron
Jackie Robinson
Joe DiMaggio
Johnny Bench
Kirby Puckett

Lefty Gomez
Lou Brock
Lou Gehrig
Mickey Mantle
Mo Vaughn
Nolan Ryan
Ozzie Smith
Pete Rose
Phil Niekro
Phil Rizzuto
Ryne Sandberg

Sammy Sosa
Sandy Koufax
Ted Williams
Tom Seaver
Tommy Lasorda
Tony Gwynn
Ty Cobb
Willie Mays
Yogi Berra

**OLDER
AMERICANS
MONTH**









FLIP THE SCRIPT ON AGING: MAY 2025

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.



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

Monday	Tuesday	Wednesday	Thursday	Friday
Menu Subject to Change 	RESERVATIONS/ CANCELLATIONS REQUIRED with 24 Hour Notice. Centers NOT open on weekends to take reservations for Monday.		1 Stuffed Pepper w/ Tomato Sauce 1/2c Garlic Whipped Potatoes 1/2c Carrots 1 White Bread 1/2c Pudding	2 3oz Pork Loin w/ 2oz Orange Sauce 1/2c Brown Rice 1/2c Broccoli Dinner Roll 1/2c Blushed Fruit
5 4oz Chicken Salad Sandwich 1c Cream of Potato Soup 1/2c Pickled Beets Hamburger Bun Fresh Fruit	6 Volunteer Luncheon 3oz Roast Beef with Gravy 1/2c Mashed Potatoes 1/2c Coin Carrots 1 Dinner Roll 1/2c Peach Crisp	7 Hot Dog 1/2c Cheesy Potatoes 1/2c Sauerkraut 1 Hot Dog Roll 1/2c Pineapple & Mandarin Oranges	8 Chicken, Spinach & Cranberry Salad w/ Dressing 1c. Mixed Greens & Spinach 1/2c Broccoli Salad 1 Breadstick	9 BBQ Pork Ribette 1/2c Buttered Pasta 1/2c Brussel Sprouts 1 Sandwich Roll 1/2c Pineapple Delight
12 Korean Meatballs (4) 1/2c White Rice 1/2c Oriental Vegetables 1 Wheat Bread 1/2c Fresh Melon 	13 Shrimp Scampi (3oz Shrimp) 1/2c Creamy Pasta 1/2c Lemon Pepper Broccoli 1 Breadstick 1/2c Mixed Fruit 	14 Chicken Philly Cheesesteak 1c Cream of Spinach Soup 1/2c Coleslaw 1 Hoagie Roll 1/2c Gelatin 	15 Swiss Steak w/ Onion Gravy 1/2c Cabbage & Noodles 1/2c Green Beans Wheat Bread 1/2c Pineapple Delight	16 Sliced Ham 1/2c Tri Color Sweet Potatoes 1/2c Peas 1 Dinner Roll 1 Cookie
19 3oz Pot Roast w/ 2oz Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables Wheat Bread Seasonal Fresh Fruit	20 Memorial Day Luncheon Cheeseburger w/ lettuce, tomato, ketchup, mustard, mayo 1/2c Baked Beans 1/2c Macaroni Salad Hamburger Bun Mandarin Orange Cake	21 Grilled Chicken Salad (2oz Chicken, Cheddar, Tomato over 1c Mixed Greens) 1c Cream of Broccoli Soup 1 Dinner Roll 1/2c Fruited Gelatin	22 1c Cabbage Roll Casserole 1/2c Garlic Whipped Potatoes 1/2c Carrots 1 Dinner Roll Seasonal Fresh Fruit	23 BBQ Chicken Breast 1/2c Country Collard Greens 1/2c Scallop Potatoes 1 Dinner Roll 1/2c Fruit Crisp
26 Centers Closed Memorial Day 	27 3oz Balsamic Chicken 1/2c Rosemary White Beans 1/2c Tomatoes & Zucchini 1 Garlic Breadstick 1/2c Pineapple Tidbits 	28 4oz Sloppy Joe 1/2c Roasted Potatoes 1/2c Cauliflower 1 Hamburger Bun Oatmeal Cream Pie	29 Baked Crab Cake 1c Tomato Basil Soup 1/2c California Blend Vegetables 1 Wheat Bread 1/2c Gelatin	30 Baked Ravioli (6) w/ Tomato Cream Sauce 1c Tossed Salad w/ Tomato 1/2c Green Beans 1 Dinner Roll 1 Cookie



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



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

New Hours for 2025!

Updates:

- New Hours for 2025 are Mondays open 8am-1pm and Tuesdays open 6am-11am.
- Please make lunch reservations early! Suggestion donation for lunch is \$2.50.

Regularly Scheduled Weekly Activities

- Every Monday - Healthy Steps in Motion at 10am
- Every Tuesday: Breakfast 7:30- 9:30 no reservation needed suggested donation is \$2.50

Scheduled Activities for May

- VOLUNTEER RECOGNITION LUNCH: Tuesday May 6th. Volunteers eat for free. All others should consider donating \$5.00 for the lunch meal
- MEMORIAL DAY LUNCH: Tuesday May 20th. All those that have served in the armed forces eat free. All others should consider donating \$5.00 for the lunch meal.

Also offered everyday:

- Lending Library and Courier Express newspaper.
- Shoot a game of pool! We are always looking for new players!
- And we are never short of coffee and socializing!

Welcome to May at The Heritage House

Regularly Scheduled Weekly Activities

- Mondays and Wednesdays Healthy Steps in Motion 10 am
- Tuesdays and Thursdays Chair Yoga 10:30 am
- Every Wednesday Afternoon Getting Crafty with Friends 1-3 pm
- Mondays and Fridays Bingo 9 am
- 1st, 3rd, & 5th Wednesdays at 1 pm Hand & Foot Card Game
- Wednesdays Woodcarving 9 am
- Thursdays Coffee with the Veterans 9 am
- Free Coffee and Conversation Everyday as well as magazines to read, & board games and cards to play in our Cozy Cafe'

Scheduled Activities for May

- Thursday May 1st at 10:30 am Exercise Bingo/No Chair Yoga Leigh on Vacation. Join us for this fun interactive exercise game.
- Monday May 5th Estate Planning with Baltimore Life at 11 am.
- Tuesday May 6th No Chair Yoga/Leigh is on vacation.
- Thursday May 8th balloon volleyball come in and join us for this fun activity and get some exercise in while having fun at 10:30 am/No chair yoga Leigh on vacation.
- Friday May 9th Come learn about Telehealth at 10:30 am.
- Friday May 16th 10 am Sherri Patterson will be here speaking about MS.
- Friday May 23rd CarFit with Amy Shellhammer 10 am to 12 noon. Must get your name on the schedule in Tammy's office. Appointments are 20 mins in length. Make sure you get signed up. Read the poster for more info on this event.
- Friday May 30th at 9:30 am Garden Bug made from a tin can. Please come on time so we have time to finish.

There is a sign up sheet for each activity at the center, so please stop in and sign up for the activities you are interested in joining us for. It helps me prepare and have enough of whatever we are doing.

Everyday at 12 noon we serve a hot, delicious, & nutritious lunch for a suggested donation of \$2.50 to Seniors age 60 and up. We hope to see you soon.

**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

May is such a wonderful month!

**Please come see us at 222 N. Findley St.
Punxsutawney**

Updates and Weekly Activities:

- We are open Mondays and Tuesdays 8 – 1
- Lunch served at noon - \$2.50 donation – order a day in advance 814-938-8376
- Bingo, LMR, puzzles, games, cards, books, movies, snacks, cold beverages, snacks are offered

Scheduled Activities for May

- Beginning May 5 we will start making jewelry. This process will take a few days.
- Jewelry making May 5, 6, 12, 13, 19, 20 – depending on attendance and interest
- May 13 at 10 am LIFE will be here to play music bingo and offer a presentation.

Drop in anytime, we're always happy to see you!

Happy May from the Foundry!

Regularly Scheduled Weekly Activities

- Please join us for lunch (check out our menu) all you have to do is call the day before to reserve yours for \$2.50 you get a healthy and nutritious lunch – not to mention great company and a cup of coffee with your visit.
- We have an exercise room and a library downstairs that you can stop and use. Don't let bad weather keep you at home – we have treadmills! Or maybe you just want to curl up with a good book and cup of coffee, you may do either of these things.
- Monday, Wednesday, and Friday we offer a wonderful exercise program called Healthy Steps in Motion HSIM from 10:15 – 11:30 am that you may do sitting down or standing up. Please come and give it a try we have wonderful instructors who will lead you through a great program.
- On Monday afternoons we have Jam Session from 1-3-pm. Local talented musicians play and sing for us and you are welcome to join in and sing along.
- On Thursdays we have nickel bingo from 9:30-11:30 am come and try your luck.

Scheduled Activities for May

- May 6th we will honor our volunteers for a special lunch for all they do for us! This lunch we will need to know one week in advance of your reservation.
- Also, let us remember our Mother's on Mother's Day May 11th.
- May 20th we will celebrate our Memorial Day lunch. The Foundry will be closed on May 26th in observance of Memorial Day. We will need to know one week in advance of this day if you are planning on joining us.
- Please note home delivered meals will be delivered on Tuesday May 27th.

Looking Ahead: Pop-up Farmer's Markets in the parking lot. You can use the vouchers when they become available at these markets. More info to follow on this! Seniors for Safe Driving on June 24th from 9am-1pm. To register call 800-559-4880. Cost is \$17.00 per person. Farmer's Inn Day! Cost will be \$5.00 per person which will include transportation and lunch at the restaurant. More information to follow.



Honoring our
nation's heroes on
Memorial Day

**Jefferson County Area Agency on Aging Main Office and Senior
Centers will be closed on May 26th**