



186 Main St STE 2 \* Brookville, PA 15825  
Phone: (814) 849-3096 1-800-852-8036  
Want to receive our newsletter by email?  
[www.jcaaa.org](http://www.jcaaa.org)

**Jefferson County  
Caregiver Support  
Group  
Sept. 4th - 4:00pm**

Heritage House  
Senior Center  
4 Sylvania St Brookville

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

**QUESTIONS?**  
Call 814-849-3096



**JEFFERSON COUNTY AREA AGENCY ON AGING  
2025 SENIOR HEALTH FAIR  
FRIDAY SEPTEMBER 12TH**

**TIME: 10:00AM – 1:00PM**

**LOCATION: JEFFERSON COUNTY FAIRGROUNDS**

**HEALTH SCREENINGS, COMMUNITY  
RESOURCES, AND PRIZES!**

No Lunchtime Meal This Year.

We will have coffee, pastries, and water available.

**No need to register to attend.**

**Please call Main Office with any questions:**

**814-849-3096**

**Bring cash for 50/50 and to purchase fresh baked goods!**

Jefferson County Area Agency on Aging Main Office and Senior Centers will be closed on  
September 1st

# Turning 65? New to Medicare?

## PA MEDI is here to help with “Medicare 101”!

Understanding Medicare can be difficult. Provided by Pennsylvania Medicare Education and Decision Insight, PA MEDI, this free presentation introduces you to Medicare and gives you the opportunity to ask questions to PA MEDI’s specially trained staff and volunteers.

### “Medicare 101” will help you learn about:

- Medicare Eligibility & Enrollment
- Notices, Costs & Penalties
- Original Medicare, Medigap, & Medicare Advantage
- Services under Medicare Parts A & B
- Medicare Prescription Drug (Part D) Benefit
- Switching Plans
- Medicare Appeals
- Medicare Savings Programs to save you money
- How PA MEDI can assist you... and much more!



Pennsylvania  
**Medicare Education  
and Decision Insight**



## Join Us!

**October 3, 2025 10:30am**

Heritage House Senior Center  
4 Sylvania St. Brookville, PA 15825

Call Mindy at 814-849-3096  
ext. 232 to sign up

Presented by Pennsylvania Medicare Education and Decision Insight, PA MEDI, the known and trusted resource at your local Area Agency on Aging for unbiased, easy-to-understand Medicare information.



# Election Day Soup Fundraiser

for the Heritage House Senior Center

4 Sylvania Street, Brookville, PA 15825

To pre-order call 814-849-3391

**Date:** Tuesday November 4th

**Cost:** \$10.00 quart

**Soup Choices:** Chicken Noodle and Vegetable Beef

**Pre-order pickup:** 11/4 from 8am-11:30am

Quarts available for sale starting at 8am  
until supplies last

Pre-orders encouraged by 10/28. Money due at  
time of pre-order. No refunds.

Soup prepared by Shannon's Catering



Pennsylvania Lottery funds have not increased in over 20 years. Community support is crucial to the ongoing support and care needed for seniors in our county. For more information on how you can financially donate to the Jefferson County Area Agency on Aging, please reach out to the Agency at (814) 849-3096, by email at [info@jcaaa.org](mailto:info@jcaaa.org) or in person at our office located at 186 Main Street, Suite 2 in Brookville.



# Learn How to EAT WELL WITH DIABETES



## In-person workshop series can help you improve your diet

Manage diabetes and prediabetes while improving health for you and your loved ones. Receive the *Dining with Diabetes* cookbook, health and nutrition fact sheets, and meal planning tools. The program includes food demonstrations and discussion.

### TOPICS:

- + Manage or prevent type 2 diabetes
- + Plan and prepare healthful meals
- + Monitoring and goal setting
- + Benefits of physical activity

## DINING WITH DIABETES FOUR-WEEK SERIES

10 a.m. to noon Fridays

October 24, 31; November 7, 14

Penn State Extension, Jefferson County  
186 Main St., Ste. 3, Brookville, PA

### FOLLOW-UP CLASS

Friday, January 16

10 a.m. to noon

Cost: \$39

Register by: October 21

## REGISTER TODAY!

[extension.psu.edu/dwd-workshop](https://extension.psu.edu/dwd-workshop)

or 877-345-0691



Penn State College of Agricultural Sciences research and extension programs are funded in part by Pennsylvania counties, the Commonwealth of Pennsylvania, and the U.S. Department of Agriculture.

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Please visit [extension.psu.edu/alternate-format-request](https://extension.psu.edu/alternate-format-request) to request this publication in an alternative format accommodation due to a disability.

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UBR AGR 24-255



**PennState  
Extension**

**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
<b>1</b> Centers Closed Labor Day 	<b>2</b>  3oz Balsamic Chicken 1/2c Rosemary White Beans 1/2c Tomatoes & Zucchini 1 Garlic Breadstick 1/2c Pineapple Tidbits	<b>3</b> 4oz Sloppy Joe 1/2c Roasted Sweet Potatoes 1/2c Cauliflower 1 Hamburger Bun Oatmeal Cream Pie	<b>4</b> Baked Crab Cake 1c Tomato Basil Soup 1/2c California Blend Vegetables 1 Wheat Bread 1/2c Gelatin	<b>5</b> Cheese Lasagna w/ Marinara 1c Tossed Salad w/ Hardboiled Egg 1/2c Green Beans 1 Dinner Roll 1 Cookie
<b>8</b> 3oz Salisbury Steak w/ 2oz Gravy Baked Potato w/ Margarine 1/2c Broccoli 1 Wheat Bread 1/2c Gelatin	<b>9</b> Roast Beef Sandwich (3oz Roast Beef) w/ 1 slice Mozzarella Cheese) 1c Cream of Cauliflower Soup 1 Hamburger Bun 1/2c Blushed Pears	<b>10</b> 3oz Open Faced Turkey Sandwich w/ 2oz Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn 1 White Bread 1 Cookie	<b>11</b> Cheeseburger 1/2c BBQ Baked Beans 1 Hamburger Bun 1c Tossed Salad w/ Tomato 1/2c Mandarin Oranges	<b>12</b> <b>Centers Closed</b> Senior Health Fair at the Jefferson County Fairgrounds 10-1 
<b>15</b> 3oz Sausage Gravy 1 Biscuit 1 Egg Bite 1/2c Diced Potatoes 4oz Orange Juice Fresh Melon Slice 	<b>16</b> Turkey Chef Salad (2oz Turkey, HB Egg, Cheddar, over 1c Mixed Greens w/ Tomato) 1c Vegetable Soup 1 Dinner Roll 1/2c Gelatin	<b>17</b> Swedish Meatballs (4) 1/2c Buttered Noodles 1/2c Peas 1 Dinner Roll Fresh Fruit 1 Soft Baked Cookie	<b>18</b> Sweet & Sour Pork 1/2c Brown Rice 1/2c Broccoli & Cauliflower Blend 1 Wheat Bread Fresh Fruit	<b>19</b> 1c Chili 1/2oz Cheddar Cheese 1c Tossed Salad w/ Tomato Cornbread 1/2c Warm Applesauce
<b>22</b> Baked Fish 1/2c Macaroni & Cheese 1/2c Stewed Tomatoes 1 Wheat Bread Seasonal Fresh Fruit	<b>23</b> Pasta & Meatballs (4) 1/2c Pasta w/ Marinara 1c Tossed Salad w/ Tomato 1 Breadstick 1/2c Mixed Fruit Salad	<b>24</b> Taco Salad (3oz Taco Meat, .5oz Cheddar, Lettuce, Tomato, Salsa) Tortilla Chips 1c Tortilla Soup 1/2c Pineapple	<b>25</b> 3oz Pork Loin w/ 2oz Creamy Mushroom Sauce 1/2c Brown Rice 1/2c Broccoli Dinner Roll 1/2c Blushed Fruit	<b>26</b> Stuffed Pepper w/ Tomato Sauce 1/2c Garlic Whipped Potatoes 1/2c Carrots 1 White Bread 1/2c Pudding
<b>29</b> 4oz Egg Salad Sandwich 1c Cream of Potato Soup 1/2c Pickled Beets Hamburger Bun Fresh Fruit	<b>30</b> 3oz Roast Beef w/ 2oz Gravy 1/2c Mashed Potatoes 1/2c Coin Carrots 1 White Bread 1/2c Peach Crisp		<b>*Menu Subject to Change*</b> 	Centers NOT open on weekends to take reservations for Monday. <b>RESERVATIONS/ CANCELLATIONS REQUIRED with 24 Hour Notice.</b>



### Brockwayville Depot

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



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

## Brockway is serving lunch on Tuesdays while Cheryl recovers from knee surgery.

### Updates:

- Breakfast will be cancelled from Aug.19 until Sept.16, depending on Cheryl's recovery time with her knee. Lunch will be served Monday and Tuesday during this time at 11:30.
- Reservation required for lunch the day prior. Please call The Depot to keep updated at 814-265-1719. You can also call the Main Office at 814-849-3096 and speak with Molly.

### Regularly Scheduled Weekly Activities:

- Also offered everyday:
- Lending Library and Courier Express newspaper
- Shoot a game of pool!
- Coffee pot is always on with great socializing!

### Scheduled Activities for September:

- 9/1 Closed Labor Day
- 9/12 Senior Health Fair at Jefferson County Fairgrounds 10:00am-1:00pm
- 9/15 September Birthday Celebration!

**Wishing you a speedy recovery Cheryl !**

## Hi and Welcome to September at The Heritage House

If you have never been in to the center or haven't been in for a while, I encourage you to stop in to see what all we have going on and see if there might be something that might interest you. Coming in to the center is a great way to stay active, stay cool, and meet other seniors just like you. We have such a wonderful center to gather in and we hope You decide to join us this month.

Lots of great things happening!

### Regularly Scheduled Weekly Activities:

- Mondays and Wednesdays Healthy Steps in Motion 10 am
- Tuesdays and Thursdays Chair Yoga 10:30 am. There is a \$1 charge for this activity.
- Every Tuesday Getting Crafty with Friends 1-3 pm Bring your own craft and work along with others while chatting, learning new crafts, and making new friends.
- Mondays and Fridays Bingo 9 am
- 1st, 3rd, & 5th Wednesdays at 12:30 pm Hand & Foot Card Game. There is a \$1 charge for this activity.
- 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 lovely Cafe'.

### Scheduled Activities for September:

- Monday September 1st we are Closed for the Labor Day Holiday.
- Friday September 5th at 10 am Fall Tea with mini muffins, tea, and spiced apple cider.
- Friday September 12 the center is Closed due to our Senior Health Fair at the Fairgrounds 10 am to 1 pm-join us for lots of great information, raffles prizes, donuts, & coffee.
- Friday September 19th Cake Decorating at 10 am.
- Tuesday September 23 the center is Closed due to our day trip to Kraynaks, the bus leaves the center at 8:30 am for those that are signed up.
- Friday September 26th Seniors for Safe Driving Course 9 am to 1 pm
- Friday September 26th at 10:30 am we are making witches hat door hangers for the nursing homes.
- Tuesday September 30 from 1-3 pm we are learning to crochet. Please bring yarn and a crochet hook size F or G to participate-you can get both at Walmart. Then the next crochet class will be on Tuesday October 7th from 1-3 pm. There will be a \$1 fee for this class each time you attend.

**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. There is always a lot of socialization happening here in case you just want to stop by and chat and have a cup of coffee. 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

### Hello folks!

#### Updates and Weekly Activities:

- We are located at 222 N. Findley St. within the ATA building.
- Our hours are 8 to 1, with lunch being served at noon. The meal must be ordered a day in advance by calling 814-938-8376 or stop in and sign up.
- The suggested donation is \$2.50 to \$5.00.
- Bingo has returned on Mondays beginning at 9:30. It is penny bingo but we offer special bingo once a month, the last Monday.
- We continue to offer cards, jigsaw, movies, games, crafts, lending library, coloring and much more. Please stop in and join us. We welcome those age 60 and older.
- Our generous crew bring goodies to share. Iced tea, ice water, hot beverages on hand.

#### Scheduled Activities for September:

- Tuesday, September 2, Tuesday, September 9, Monday, September 15 – Get Connected program will be presented by D&A. It will begin at 9:30.
- Tuesday, September 30 – Chris from Baltimore Life will present a program about Life and Annunities. It will begin at 10.
- Friday September 12 – 10 to 1 – 2025 Senior Citizen Health Fair located at Jefferson County Fairgrounds - 146 Strishock Lane, Brookville, PA.
- Free Health Screenings, Community Resources, Prizes and More. Coffee, donuts and water available.

### Welcome to September!

#### Updates and Regularly Scheduled Weekly Activities:

- The Foundry has new hours – we are open Monday, Tuesday, and Wednesday from 9am – 2 pm – we are CLOSED Thursday and Friday's
- We serve a delicious lunch every Mon, Tue, and Wednesday – please let us know the day before if you want to join us – Wednesdays for the following week as we are closed Thur and Fri.
- Mondays we still have our jam session from 1-3 pm
- Tuesdays we offer Nickel Bingo from 9:30-11:30 am
- Monday and Wednesdays from 10:15 am – 11:30 am we have Healthy Steps in Motion – come join us.
- We offer fresh hot coffee every day, the Courier Express to read and we have a library and exercise room downstairs.

#### Scheduled Activities for September:

- Monday September 1st we will be closed for Labor Day – We will only be open Tuesday and Wednesday this week.
- Friday September 5th we are having a senior dance. "Ain't Nothin Fancy" will be here from 6-9 doors open at 5:30 pm - There will be a light menu if anyone wants to purchase something to eat.
- Tai Chi will start on Monday evenings on Sept 8th – October 27th from 6-7 pm with Cheryl and Kim please join us! Any questions please call 814-653-2522
- Also on September 12th (Friday) from 10:00 am – 1:00pm there will be a Senior Health Fair at the Jefferson County Fairgrounds. No lunch will be served this year but we will offer coffee, donuts, and water.
- On September 17th we will have Chris and Ed here from Baltimore Life to go over any investment question or any Estate Planning questions.
- The Foundry will be closed on Tuesday September 23rd as we will be taking a bus trip with the Heritage House from Brookville to Kraynaks in Hermitage Pa.



## Are you a military veteran in need of food?

**Military Share in Jefferson**  
**Our next distribution will be**

**Thursday, October 2nd.**



*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.*

**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.