

The Sunshine Line

Volume 10 Issue 10 October 2025



JEFFERSON COUNTY
AREA AGENCY ON AGING

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

Join Us And
Learn How
Each of Us
Can Make A
Lasting
Impact!



JEFFERSON COUNTY
AREA AGENCY ON AGING

Let's talk more about how each of us can
help continue the services for seniors
throughout Jefferson County for many
years to come.

Working together and planning can
make all the difference!

Tuesday October 14, 2025

Heritage House

5:30pm-6:30pm

Join us for a light dinner and meet
our community leaders who can
help explain how easy it is to make
a lasting impact for the community
through the JCAAA services.

Presenters Include:

Attorney Greg Sobol

Melinda Sherry- Edward Jones

**Molly McNutt- Executive Director
JCAAA**

We do ask that you please RSVP by calling (814) 849-3096





Dear Reader:

Please consider receiving the monthly newsletter by email or picking one up at the senior center. As costs continue to rise, we would like to reduce the number of newsletters we mail out. This change helps us save on printing and postage costs so we can put more resources into activities, programs, and services you enjoy.

What this means for you:

- You'll receive the newsletter directly in your email inbox each month.
- Copies will no longer be mailed to homes.
- Printed copies will still be available at each senior center to pick up.



If you don't already receive emails from us, please call JCAAA Main Office at 814-849-3096 and provide your email address so we can put you on the list. Staff will be happy to help set up an email account if you don't have one.

Thank you for your understanding and for helping us go a little greener while staying connected!
Warmly,
JCAAA

Jefferson County Caregiver Support Group

October 2 - 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

"A Beginner's Guide to Foraging Mushrooms"

with Esperanzo (Espo) Wilcox

6:30 pm, October 8, Penn West - Clarion

Science and Technology Center Auditorium 122C

Esperanzo (Espo) Wilcox is the founder of PA Mushroom Company, which is a spore to store gourmet and medicinal mushroom cultivation operation based in Clarion, PA. Prior to cultivating mushrooms Espo acquired a Wild Mushroom Safety Certification and foraged commercially.

During the Beginners Guide to Foraging Mushrooms program, Espo will share information about when, where, and how to forage for wild mushrooms.

Key highlights of the program will include:

- Notable Literature • Preparation & Foraging Tools
- Tree Identification • Collection & Preservation Techniques.

This program is an essential building block for beginners and experienced foragers alike.



Turning 65?

New to Medicare?

**Join us for this helpful
presentation "Medicare 101"**

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

Medicare Open Enrollment is here!

We're here to

HELP

1-800-852-8036

Call Jefferson County Area Agency on Aging

PA MEDI Program

9:00am-2:00pm



Pennsylvania
**Medicare Education
and Decision Insight**

This project was supported, in part by grant number 905APG0059-03-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.



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 or in person at our office located at 186 Main Street, Suite 2 in Brookville.

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
Centers NOT open on weekends to take reservations for Monday. RESERVATIONS/CANCELLATIONS REQUIRED with 24 Hour Notice.	*Menu Subject to Change* 	1 1c Winter Beef Stew 1/2c Green Beans 1 Cornbread 1/2c Apple Crisp	2  Turkey w/ Provolone (2oz Turkey, 1 slice Provolone) Lettuce & Tomato 1c Corn Chowder Fresh Fruit Hamburger Bun	3 Swedish Meatballs (4) 1/2c Buttered Pasta 1/2c Green Peas 1 Breadstick 1/2c Fruited Gelatin
6 3oz Sliced Ham with 1oz Pineapple Sauce 1/2c Mashed Potatoes 1/2c Green Peas Dinner Roll Cookie Margarine	7 Chicken Taco Salad 3oz Taco Meat, .5 oz Cheddar Cheese Salad Mix, Salsa, Ranch 1/2c Elote Corn 1/2c Yellow Rice 1/2c Pineapple	8 Smokey BBQ Bacon Burger Cheddar Cheese, BBQ, Bacon 1c Cauliflower Soup w/ Crackers Sandwich Roll Fresh Fruit	9  Chicken Paprikash w/ Creamy Tomato Sauce 1/2c White Rice 1/2c Roasted Brussel Sprouts Whole Wheat Bread Apple Cake	10 3oz Meatloaf with 2oz Gravy Baked Potato 1/2c Carrots Whole Wheat Bread Fresh Fruit Margarine
13 4oz Sloppy Joe 1/2c Country Greens 1/2c Sweet Potato Bites Hamburger Bun Oatmeal Cream Pie Margarine	14 Roasted Honey Garlic Pork Loin 1/2c Steamed Broccoli 1/2c White Rice 1/2c Fruited Gelatin Dinner Roll Margarine 	15 Turkey Chef Salad (2oz Turkey, 1oz Cheddar, over 1c Mixed Greens w/ Tomato) 1c Vegetable Soup 1 Whole Wheat Bread 1 Piece Cake	16 3oz Kielbasa with 1oz Kraut 1/2c Haluski 1/2c California Blend Vegetables 1/2c Applesauce Hot Dog Bun Margarine	17 Stuffed Pepper w/ Sauce 1/2c Garlic Mashed Potatoes 1/2c Carrots White Bread Pudding Margarine
20 3/4c Pasta and Meatballs (4) with 2oz Marinara Sauce 1c Tossed Salad w/ Tomato Garlic Breadstick Fresh Fruit Margarine	21 3oz Salisbury Steak with 2oz Gravy 1/2c Whipped Potatoes 1/2c Peas Dinner Roll Gelatin Margarine	22 Creamy Chicken Tortellini (3oz Chicken, 1/2c Tortellini) 1/2c Green Beans 1/2c Spiced Fruit Whole Wheat Bread Margarine 	23 Cheeseburger 1/2c Tator Tots 1/2c Baked Pineapple 1c Tossed Salad w/ Tomato Hamburger Bun	24 General Tso's Chicken 1/2c White Rice 1/2c Garlic Broccoli 1/2c Mandarin Oranges Cookie 
27 Cheese Omelet 1 Sausage Patty 1/2c Breakfast Potatoes 1 Biscuit w/ Jelly 4oz Orange Juice	28 Chicken Philly Sandwich 1c Cream of Spinach Soup 1/2c Coleslaw Hoagie Roll Gelatin Margarine	29 3oz BBQ Ribette 1/2c Ranch Cubed Potatoes 1/2c Green Beans Hamburger Bun Pineapple & Mandarin Oranges	30 4oz Shrimp Scampi 1/2c Creamy Pasta 1/2c Lemon Pepper Broccoli Breadstick Pudding Margarine	31 3oz Roasted Pork w/ 2oz Gravy 1/2c Parsley Potatoes 1/2c Carrots Dinner Roll Fresh Fruit Margarine



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:

- Hours of operation: Monday 8am-1pm and Tuesday 6am-11am
- Lunch reservation for Mondays are needed the prior Tuesday by 10am. Lunch will continue to be served every Monday AND Tuesday .
- Sorry but Breakfast will not be served in October.

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 October:

- Oct 20: Birthday Celebration with lunch
- Oct 27: Trick or Treat! Special treat will be served with lunch.

Welcome to October 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, participate in events, 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
- Free Coffee and Conversation Everyday as well as magazines to read, & board games and cards to play in our lovely Cafe'.

Scheduled Activities for October:

- Friday October 3 at 10:30am - Medicare presentation.
- Monday October 6 at 10:30am - Baltimore Life here speaking about Finances in Your Golden Years.
- Tuesday October 7 from 1-3 pm Learn to Crochet
- Friday October 10 at 11 am Lance Carrier will be here from Carrier Funeral Home speaking about planning ahead and Q & A.
- Friday October 17 - New Three Part Series "Get Connected". 3 Part Program to Promote Healthy Aging. Dates are: October 17, 24, and 31 from 10:30am-11:30. Stay for lunch following each program! This is FREE and you will gain lifestyle tips to support healthy aging, a FREE medication lock box, and up-to-date information on alcohol and substance use concerns that may affect older adults. Games and prizes too!
- Tuesday October 21 Zoo Mobile 10:30-11:30 seats are limited
- Friday October 24 2nd part of 3-part program Get Connected 10:30-11:30
- The week of October 27th we will be working on Christmas Ornaments for the Capitol Christmas Tree-dates and times to be announced.
- Last day to order soup Tuesday October 28 at 12 noon.
- Friday October 31 3rd part of 3-part program Get Connected 10:30-11:30.

Don't forget about our Soup Sale Fundraiser to benefit The Heritage House. Chicken Noodle or Vegetable Beef soup \$10 quart. See Tammy to order your soup. Pick up date is Tuesday November 4th from 8 -11:30 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

Enjoy the beauty of October.

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.
- We are having a wonderful time at our center as we have welcomed many new consumers.
- We offer cards, bingo, educational speakers, local newspaper, movies, books, snacks (always snacks), games, crafts, laughter.
- Bingo is available if at least 3 people are interested- any day.

Scheduled Activities for October:

- October 6 at 9:30 – special bingo
- October 7 – all day – ornament making for tree in Harrisburg
- October 13 – monthly birthday celebration
- October 28 – Halloween party

Hello October !

Updates and Regularly Scheduled Weekly Activities:

- Leaves are changing, its getting darker earlier, Fall is in the air! Mums and Pumpkins are out and around!
- We still have hot coffee and good conversation waiting for you at the Foundry
- We serve a hot, and delicious lunch every day at noon Monday – Wednesday Call the day before to reserve yours!
- We are open M-W and offer a variety of things :
- We have Healthy Steps in motion Monday and Wednesday from 10:15 am – 11:30 am
- Tuesdays we offer Nickel Bingo from 9:30-11:30 am
- We have an exercise room available – with the weather changing you can come in and walk on the treadmill or whatever you choose.
- We have a library stocked with various books for the avid reader.

Scheduled Activities for October:

- Tai Chi is going on every Monday night until 10-27 – we meet from 6-7 pm come and give it a try!
- “The Pacemakers” will be here on Friday October 3rd from 6-9 doors open at 5:30 pm \$5.00/per person at the door
- A “lighter” menu will be offered and slightly different from past dances. Snacks, drinks, and coffee will be offered for a small charge.
- ** We are having our Fall Craft show on November 8th Saturday from 9-2 more information to follow on this.
- Come and see us at the Foundry



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.