



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

As the holiday season approaches, we are reminded of the importance of community, connection, and care for our neighbors. The Jefferson County Area Agency on Aging (JCAAA) works year-round to support older adults in our community, helping them remain independent, safe, and engaged through vital programs and services.

This season, we invite your club to consider making a donation to JCAAA. Your generosity directly supports local seniors through programs such as:

- **Meals and nutrition services** for those who are homebound or at risk of hunger.
- **Transportation assistance** to medical appointments.
- **Protective services** to ensure the safety and well-being of vulnerable older adults.
- **Health and wellness activities** that combat isolation and promote active aging at our senior centers.

Every contribution—large or small—helps us make a meaningful difference in the lives of Jefferson County's seniors. Donations can be made to:

Jefferson County Area Agency on Aging
186 Main Street, Suite 2
Brookville, PA 15825

A 501(c)(3) nonprofit organization. All donations are tax-deductible to the extent allowed by law.



Jefferson County Area Agency on Aging Main Office and Senior Centers will be closed on
December 24th, 25th, 26th and January 1st

December Special Lunch at Senior Centers

Please join us for the following special lunch at
any of our four senior centers in December

TUESDAY DECEMBER 16TH

Baked Ham with Pineapple Sauce
Scalloped Potatoes, Green Bean Casserole
Dinner Roll
Iced Brownie

you must sign up by 12/9/25

Vendor Show Fundraiser

Saturday December 6th

9:00am-2:00pm

Heritage House Senior Center

4 Sylvania Street

Brookville, PA 15825

This fun day will include local crafters and artisans,
bake sale, large Chinese auction, and food for
purchase.

Questions? Call Tammy at 814-849-3391

Jefferson County Caregiver Support Group

December 4 - 4:00pm

Heritage House Senior Center

4 Sylvania St Brookville

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

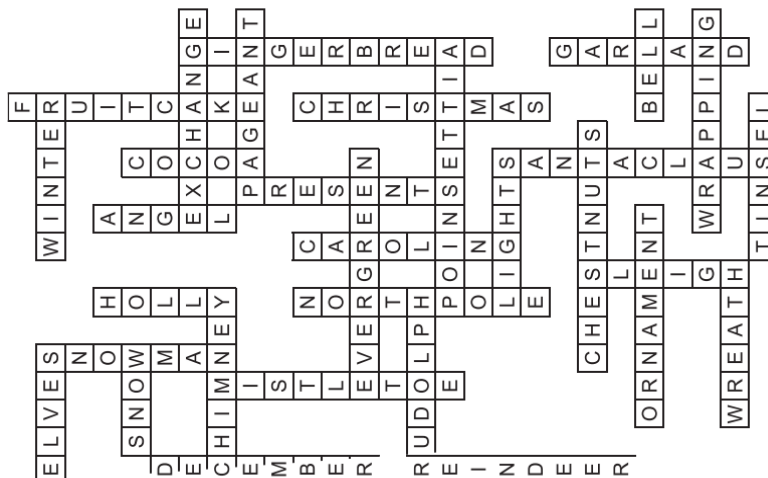
QUESTIONS? Call 814-849-3096



Christmas Joy

Crossword Fill In

SOLUTION



4 Letter Words

BELL
SNOW

5 Letter Words

ANGEL
COCOA
ELVES
HOLLY

6 Letter Words

LIGHTS
SLEIGH
TINSEL
WINTER
WREATH

7 Letter Words

CHIMNEY
GARLAND
PAGEANT
RUDOLPH
SNOWMAN

8 Letter Words

CAROLING
DECEMBER
EXCHANGE
ORNAMENT
PRESENTS
REINDEER
WRAPPING

9 Letter Words

CHESTNUTS
CHRISTMAS
EVERGREEN
FRUITCAKE
MISTLETOE
NORTH POLE

10 Letter Words

POINSETTIA
SANTA CLAUS

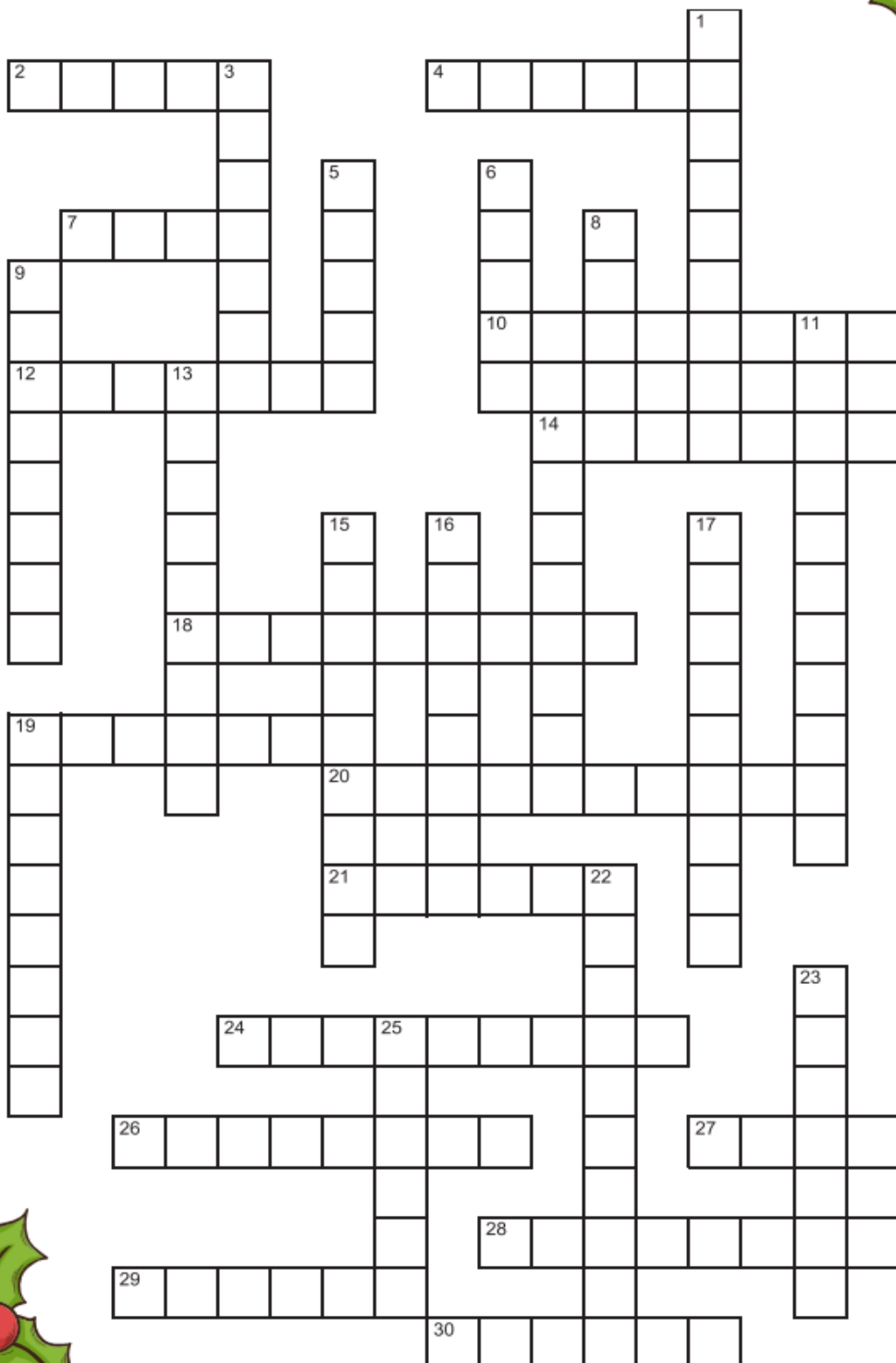
11 Letter Word

GINGERBREAD

Christmas Joy



DIRECTIONS: Fill in the crossword grid with the provided words.



It is important to keep track of how much you exercise, your blood pressure, your weight, and your cholesterol numbers as ways to meet your heart health goals.



Here's some ways you can do this:

- **Keep a log of your activity to help you track your progress.** Consider wearing a device that counts your steps to track how much you walk every day.
- **Calculate your body mass index (BMI).** BMI is an estimate of body fat. The higher your BMI, the higher your risk for certain diseases.
- **Track your blood pressure.** It's important to get your blood pressure checked at every doctor's office visit. While you're there, ask your doctor what your target numbers should be and how often you should check it on your own.
- **Get your cholesterol checked.** A blood test can show whether your cholesterol levels are healthy. Talk with your doctor about having your cholesterol tested, how often you need it tested, and what your levels should be.
- **If you have diabetes, check your blood sugars.** Talk with your healthcare provider about how often to check your blood sugar. Learn about the ABC's of Diabetes to help you manage it and lower your risk of heart attack and stroke.
- **Keep a record of what you eat.** Write down what you eat and drink each day in a food diary to help you stay on track when trying to lose weight or maintain a healthy weight. Keep your diary in a noticeable place such as on the refrigerator, so you'll remember to update it each day.
- **Follow the DASH Eating Plan.** The Dietary Approaches to Stop Hypertension (DASH) eating plan is a science-based way of eating that can help you reduce high blood pressure and has other heart health benefits.

Ask your friends or family to remind you to do this or join you in the effort.

Blood Pressure Levels	
Classification	Systolic and Diastolic Readings
Normal	Systolic: less than 120 mm Hg Diastolic: less than 80 mm Hg
Elevated	Systolic: 120-129 mm Hg Diastolic: less than 80 mm Hg
High blood pressure	Systolic: 130 mm Hg or higher Diastolic: 80 mm Hg or higher

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
1 4oz Sloppy Joe 1/2c Country Greens 1/2c Sweet Potato Bites Hamburger Bun Oatmeal Cream Pie Margarine	2 General Tso's Chicken 1/2c White Rice 1/2c Garlic Broccoli 1/2c Mandarin Oranges Cookie 	3 Turkey Chef Salad (2oz Turkey, 1oz Cheddar, over 1c Mixed Greens w/ Tomato) 1c Vegetable Soup 1 Whole Wheat Bread 1 Piece Cake	4 3oz Kielbasa with 1oz Kraut 1/2c Haluski 1/2c California Blend Vegetables 1/2c Applesauce Hot Dog Bun Margarine	5 Stuffed Pepper w/ Sauce 1/2c Garlic Mashed Potatoes 1/2c Carrots White Bread Pudding Margarine
8 3/4c Pasta and Meatballs (4), with 2oz Marinara Sauce 1c Tossed Salad w/ Tomato Garlic Breadstick Fresh Fruit Margarine	9 3oz Salisbury Steak with 2oz Gravy 1/2c Whipped Potatoes 1/2c Peas Dinner Roll Gelatin Margarine	10 Creamy Chicken Tortellini  (3oz Chicken, 1/2c Tortellini) 1/2c Green Beans 1/2c Spiced Fruit Whole Wheat Bread Margarine	11 Cheeseburger 1/2c Tator Tots 1/2c Baked Pineapple 1c Tossed Salad w/ Tomato Hamburger Bun	12 Roasted Honey Garlic Pork Loin 1/2c Steamed Broccoli 1/2c White Rice 1/2c Fruited Gelatin Dinner Roll  Margarine
15 Chicken Philly Sandwich 1c Cream of Spinach Soup 1/2c Country Vegetables Hoagie Roll, Gelatin Margarine	16 Christmas Lunch! 3oz Baked Ham with 1oz Pineapple Sauce 1/2c Scalloped Potatoes 1/2c Green Bean Casserole Dinner Roll Iced Brownie	17 Meatloaf w/ Gravy 1/2c Mashed Potatoes 1/2c Carrots 1 Dinner Roll 1/2c Blushed Pears Margarine	18 4oz Shrimp Scampi 1/2c Creamy Pasta 1/2c Lemon Pepper Broccoli Breadstick Fresh Fruit Margarine	19 French Dip Sandwich w/ 2oz Au Jus 2oz Beef, 1oz Mozzarella Cheese 1/2c Garlic Parsley Potatoes 1/2c Corn 1/2c Mandarin Oranges Hoagie Bun  Margarine
22 3oz Pot Roast w/ 2oz Gravy 1/2c Mashed Potatoes 1/2c Coin Carrots 1 Italian Bread Fresh Fruit Margarine	23 Meatball Sub (3 Meatballs) w/ 1oz Mozzarella Cheese 1c Loaded Potato Soup 1/2c Side Salad w/ Dressing Hot Dog Bun	24 Senior Centers Closed 	25 Senior Centers Closed 	26 Senior Centers Closed 
29 3oz Chicken Cutlet with 2oz Country White Gravy 1/2c Mashed Potatoes 1/2c Brussel Sprouts Wheat Bread Blushed Fruit 	30 Grilled Chicken Salad (2oz Grilled Chicken, 1oz Cheese) 1c Lettuce, 2oz Tomato 1c Broccoli Soup Breadstick 1/2c Fruited Gelatin Margarine	31 New Year's Eve! 3oz Roasted Pork w/ 2oz Sauerkraut 1/2c Parsley Potatoes 1/2c Green Beans Dinner Roll Cake w/ Frosting Margarine	RESERVATIONS/ CANCELLATIONS REQUIRED with 24 Hour Notice. 	*Menu Subject to Change* Centers NOT open on weekends to take reservations for Monday.



Brockwayville Depot

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



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

Happy Holidays!

Updates:

- Hours of operation: Monday 8am-1pm and Tuesday 6am-11am
- Lunch reservation for Mondays needed the prior Tuesday by 10am.
- Breakfast is Back! Every Tuesday from 7:30 to 9:30.

Also offered everyday:

- Join us every Monday at 10 for Healthy Steps exercise class
- Lending Library and Courier Express newspaper
- Shoot a game of pool!
- Coffee pot is always on with great socializing!

Scheduled Activities for December:

- Dec 8: Celebrating Birthdays for the month
- Dec 9: Discussion on the changes to the senior center at 9:30
- Dec 16: Christmas luncheon suggested donation \$5.00. Reservations must be in by the 9th.
- Dec 23: Reading of "The Night Before Christmas" with \$5.00 gift exchange followed by a pizza party

Welcome to December at The Heritage House

We have the center decorated beautifully for the holidays, I encourage you to stop in and take a look around. 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 into 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. There is a \$1 charge for this activity.
- 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 December:

- Caregiver Support Group Thursday December 4th at 4 pm at The Heritage House.
- Wednesday December 3, at 10:30 am we are stamping and writing our Christmas cards for the nursing homes and we need some helpers for this- please see the sign up sheet.
- Do You Want to Build a Snowman? Join us at 10:30 am on Friday December 5th.
- Saturday December 6th Craft and Vendor show 9 am to 2 pm with Food, Bake Sale, and Giant Chinese Auction.
- Friday December 12th Cookies and Cocoa with Santa 10:30 am
- Tuesday December 16th Christmas Luncheon-sign up by Tuesday December 9th.
- Wednesday December 17th Christmas Party-Ugly Christmas Sweater Contest-Music-\$8 Gift Exchange-Make sure you sign up for this one.
- Friday December 19th Music with Julie Lindemuth-Timeless Christmas Tunes and Tales at 11 am.
- Tuesday December 23 closing at 1 pm
- We are closed Wednesday December 24th through Friday December 26th.
- Wednesday December 31st Lunch will be served at 11 am and the building will close at 12 noon for the holiday.
- Thursday January 1st we are closed for the holiday.

PUNXSUTAWNEY AREA SENIOR CENTER

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

Happy Holidays!

Updates and Weekly Activities:

- Please stop in and help spread holiday cheer.
- We always have treats, iced tea, ice water, coffee, hot tea
- Available – cards, puzzles, movies, book library, local newspaper, crafts, educational speakers, bingo and always a warm welcome
- Open Mondays and Tuesdays – 8 to 1
- 222 N. Findley St, Punxsutawney
- Lunches served at noon – please order a day in advance – 814-938-8376 – menus available
- The center is open on 12/22, 12/23, and 12/29, 12/30.

Scheduled Activities for December:

- Monday, December 1 at 10 – Lindsay from Life – music bingo
- Tuesday, December 9 – deadline for signing up for Christmas meal
- Tuesday, December 16 at noon - Christmas lunch – baked ham w pineapple sauce, scalloped potatoes, green bean casserole, dinner roll, iced brownie
- Monday, December 22 – Secret Santa
- Tuesday, December 23 – Party



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

Merry Christmas from The Foundry! Where did the year go? Santa will soon be arriving!

We have a lot to be thankful for this year and we are looking forward to a Healthy Happy New Year!

Updates and Regularly Scheduled Weekly Activities:

- The Foundry will be open Monday, Tuesday, and Wednesday from 9 am – 2 pm
- Lunch is served at noon. Come and have a delicious meal with us! Just call the day before to reserve yours,
- We have our exercise room open during hours of operation to work out so you don't have to walk in the cold! Come and give our treadmills a try!
- We have a library in the basement so come and borrow a book if you like to read. We have a nice assortment.
- Every Monday and Wednesday we have healthy steps in motion from 10:15 – 11:30.
- Tuesdays we have our nickel bingo from 9:30-11:30 am

Scheduled Activities for December:

- Our Christmas lunch will be December 16th. Please sign-up by December 9th.
- Hours of operation the week of Christmas and New Years:
- OPEN on December 22 and 23 from 9-2
- OPEN on December 29, 30, 31 from 9-2

We also have the Foundry available to rent. If you have a wedding shower, baby shower or party/dinner upcoming in 2026 please give Cheryl a call at 653-2522.

Merry Christmas and a very Happy New Year to you and your family from our Foundry family, Cheryl



Are you a military veteran in need of food?

Military Share in Jefferson
Our next distribution will be

Thursday, December 4th.



Second Harvest
Food Bank
of Northwest Pennsylvania

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.