

ACTIVE AGING, INC.

ECHO

December 2025
complimentary copy

Published by
The Area Shopper

Funded in part by the Pennsylvania Department of Aging
Read the ECHO online at www.theareashopper.com/readonline.php



Only 1,000
Calendars
available!

2026 ACTIVE AGING CASH CALENDAR

\$15,000 in Cash Prizes

Raffle is From January 1, 2026 to December 31, 2026
1 Winner Every Day win anywhere between \$25 and \$500 in cash

Each Calendar has its own 3 digit number and the winner will be determined each day based off of the PA Lottery Pick-3 Evening Number

Donation \$25
Your Donation will Help Support the Active Aging Centers & Active Aging Foundation.

Calendars are Available Starting September 3, 2025 at the Following Locations:

Active Aging Bair Family Center 237 S. Pymatuning Street, Linesville, PA 16424 814-683-4959 Open Monday through Friday 8 AM - 3 PM	Active Aging Center of Canadohta Lake 22978 Shreve Ridge Road, Union City, PA 16438 814-336-1792 ext. 106 Open Fridays Only 8 AM - 1 PM
Active Aging Foundation 1034 Park Avenue, Meadville, PA 16335 814-336-1792 Open Monday - Friday 8:30 AM - 4:30 PM	Active Aging Center of Cambridge Springs 156 Venango Avenue, Cambridge Springs, PA 16403 814-398-9616 Open Monday through Friday 8 AM - 3 PM
	Active Aging Center of Meadville 1034 Park Avenue, Meadville, PA 16335 814-336-1792 ext. 106 Open Monday through Friday 8 AM - 3 PM

Must be 18 or older to purchase
SGOC License No. SGOC25111

All winners will be mailed a check within 2 weeks of the end of the month.

Christmas Party BINGO

Wednesday, December 17, 2025
Doors & Admission Line Opens at 4:00 PM
Games Begin at 6:30 PM

Christmas Gift for All Players

Game Payouts:
\$100 on Singles & \$150 on Doubles
4 Guaranteed Jackpot Games: 1 - \$1,100, 1 - \$500, 1 - \$400, 1 - \$300
1 Additional Extra Game Sold On the Floor Only
Count Down Game that will pay anywhere from a "Winner-Take-All" or can "countdown" to a 50/50 payout game.

Tickets On Sale Monday, October 20th
\$50* Play as Many Cards as You Want
*5 for \$5 Jugs are Included in Your Admission Packet Price
Free Christmas Dinner for all Advance Ticket Holders
(Advance Tickets Must be Purchased by December 15th at 12PM).
If the game is not Sold Out, Tickets will be available at the door but dinner may not be available.

Special Mystery Christmas Gift
drawing from all claimed admission
packet tickets every 15 minutes
starting at 5:00PM thru 6:15PM

Community Center of Crawford County
Tickets Available Starting October 20, 2025
Monday through Friday 9AM to 4 PM
in person at 1034 Park Ave in Meadville or by phone at 814-336-1792
Reserved Seats Noted on the Ticket Stub & Available Upon Request at the Time of Purchase
Seat Reservation Requests must be made no later than December 10, 2025
Bingo Proceeds Benefit the Programs and Services Offered through Active Aging, Inc.
Bingo License No. BNG25026 Small Games of Chance License No. SGC25112

Crawford County's Designated Area Agency on Aging PURPOSE



ACTIVE AGING
1034 Park Avenue, Meadville, Pennsylvania 16335
(814) 336-1792 or 1-800-321-7705
Fax (814) 336-1705

The purpose of Active Aging Inc. is to develop, implement and maintain a comprehensive, coordinated, and supportive human services system for older persons aged 60 years and older in Crawford County. Please call 814-336-1792 or 1-800-321-7705 or email aainc@activeaging.org for more information.



Certainty Starts Here

For your Estate Planning, Elder Law and Asset Protection needs.

300 Arch Street, Meadville, PA 16335 • (814) 807-1071 • Fax (814) 336-6510 • www.effc-law.com



NOAH A. ERDE



KIMBERLY S. FOULK



Welcoming New and Existing Customers!

Call: 814-638-0040

- RxLocal mobile app for refill requests
- Convenient drive-thru
- Delivery options available



180 North Franklin Street
Cochran, PA 16314
mmchs.org/pharmacy

From the Director's Desk December 2025

Merry Christmas! November brought us the dreaded time change and our first real snowfall, which is also dreaded by many. Not by me, though. I love the snow. What I wasn't really happy about was that my Jeep was in the garage and I had to drive my car, which is not ideal for that kind of weather. Instead of going to the gym that morning, I got my morning workout by shoveling the snow at the end of the driveway, which I would normally just drive over. Although I didn't mind doing a little shoveling. We also had the opportunity to go pheasant hunting over the last month. My youngest Lab, Conall, is now three, and this was his first year hunting without one of his mentors. Abraham is 14 and can't walk well enough to hunt anymore. It was tough leaving him at home on opening day. It broke my heart, and I made sure to give him some extra love and attention when I got home.

For the first time in as long as I can remember, I won't be hosting our family Thanksgiving. My niece asked if I minded if she took over the task, and I was happy to relinquish it. It certainly should make the whole thing easier. For me, anyway!

Active Aging, in collaboration with the Kiwanis Club of Meadville, will be packing bags of fruit and treats to distribute to our home-delivered meal recipients for Christmas. It is an annual tradition, compliments of the Kiwanis, who not only provide funding, but also help with the packing. Many of the older adults who receive our meals are homebound and often miss out on celebrations they can't attend. This is a nice way of ensuring they receive a little Christmas cheer, too. If you get the chance, please keep your actively aging neighbors in mind over the holidays. I'm sure they would enjoy a visit or a Christmas card.

Wishing you all a very safe and happy holiday season.
Krista Geer

Services and Programs we offer are:

Senior Center Services

- Nutritious Noon-Time Meals
- Educational Programs
- Socialization & Recreation
- PrimeTime Health/ Wellness
- Activities
- Volunteer Opportunities
- Life-Long Learning
- Outreach/Information Lunches
- Transportation
- County-wide Picnics, Dances, and Parties
- Large-Print Library
- Travel Opportunities

In-Home Services

- Care Management / Assessments
 - Family Caregiver Support Program
 - Home Delivered Meals
 - In-Home Care
 - Nursing Home Pre-Admission Assessments
 - Personal Assistance
 - Personal Care / Home Support
- *These are examples of services available, and is not an all inclusive listing. Contact us for more information.

Special Services

- "Echo" Newsletter
- Information & Referral
 - PA MEDI Insurance Counseling
 - PACE (Pharmaceutical Assistance Contract for the Elderly)
 - Pennsylvania Property Tax/Rent Rebate Program
- Older Adult Protective Services
- Ombudsman
- Voter Registration
- SHARE Housing

The Community Center of Crawford County



The Lew Davies Community Bldg.
1034 Park Ave. Meadville, PA
www.activeaging.org

- Basic hall rental to complete rental packages including customized catering services available
- Convenient location
- Plenty of FREE parking
- Wooden dance floor
- Air Conditioned



For more information or to reserve your date call us at
Active Aging Foundation 814-336-1792

ACTIVE AGING, INC.
CENTERS

1034 Park Ave, Meadville, Pa
16335
(814) 336-1792

Meadville Center

1034 Park Avenue, Meadville 16335
(814) 336-1792
Ext. 106
Patty Flaherty
Ashley McLallen, Center Manager
meadscarts@activeaging.org

Bair Family Center

237 S. Pymatuning St.-Linesville, PA
16424
(814) 683-4959
Ginger Thomas
lakevalleyinfo@activeaging.org

Cambridge Springs
Center

156 Venango Ave.-Cambridge Springs,
PA 16403
(814) 398-8616
Tami Boylan
cambsc@activeaging.org

Canadohta Center

Bloomfield Twp Building Lincolnville
(Fridays only)
22978 Shreve Ridge Road- Union City,
PA 16438
(814) 336-1792
Patty Flaherty

Titusville Senior
Center

714 East Main Street-Titusville, PA 16354
(814) 827-9134
Ashley Thompson
goseniors@zoominternet.net

Programs funded in part by the Pa.
Department of Aging and supported by the
Active Aging Foundation. For information on
Long Term Care Services and Choices:
**(814) 336-1792 • 1-800-321-7705 • Fax (814)
336-1705 • E-mail aainc@activeaging.org**

The ECHO is published by The Area
Shopper. Questions concerning
Advertising please contact
(814) 425-7272

MEADVILLE CENTER ACTIVE AGING, INC.

(814)336-1792 or 1-800-321-7705 - Fax (814)336-1705

The Lew Davies Community Building 1034 Park Ave., Meadville •

Center Manager: Patty Flaherty and Ashley McLallen

Follow us on Facebook at The Active Aging Center of Meadville

December

Join us for our ‘12 Days of Christmas’ countdown to our Christmas Celebration. Each day will feature a special Christmas activity fostering holiday cheer. See ‘12 Days of Christmas Flyer’

12/1 11AM Day 1 Christmas Word Scrambles

12/2 11AM Day 2 Christmas Trivia

12/3 Day 3 Christmas Word Searches

12/3 12:10PM Elizabeth Van Cise – local historical fiction author of Forever Free presents the history of Pithole & The Oil Industry

12/4 8-9AM Day 4 Pancake Breakfast. 2 pancakes, 2 sausage links (while supplies last) and cup of coffee or tea...Your donation is welcome and appreciated! All proceeds benefit the Meadville Center.

12/8 11AM Day 5 Christmas Dingbat Puzzles
By 10AM: Reservation & payment due (\$10) for 12/18’s Christmas Celebration and Meal of Roast Beef with Stuffing, Mashed Redskin Potatoes, Candied Carrots, Dinner Roll and Pie

12/9 11AM Day 6 Christmas Pictionary

12/10 10:30AM Day 7 Christmas Food Auction - scrumptious home-made (or store bought) cookies, cakes, breads or other great eats are up for auction. All proceeds benefit the Meadville Center.

12/11 11AM Day 8 Christmas Music Puzzles

12/12 12PM Center closes. Lunch served at 11AM

12/15 11AM Day 9 Christmas ‘5 Second Game’

12/16 11AMDay 10 Christmas SINGO – a fun, musical twist on Bingo with Abbey from Home Instead.

12/17 11AM Day 11 Reindeer Game

12/18 Day 12 Christmas Celebration Meal! See 12/8 for details.

12/24 & 12/25 Happy Holidays! Center’s Closed

JANUARY 2026 SAVE THE DATE(S):
Walk with Ease: Six-week walking program beginning 1/12/26, 3 times a week. See Flyer for more details.
POSSIBLE EVENTS - STAY TUNED:
• Dance • Trip to Yahn Planetarium • Dinner & Local Theatre Show
The Meadville Center is open weekdays from 8AM until 3PM. – unless otherwise indicated All monies shown are a suggested donation. Call to schedule your card groups/table games; \$1/person. Call Patty/Ashley with any questions at 814-336-1792 ext. 106.

EVERY DAY: Library; Exercise Machines (treadmills, recumbent bike, stationary bikes, elliptical, weight-machine); \$1; No machine use during Yoga. Pool Table/ Ping-Pong Table; no fee (call to reserve).

MONDAY	
9:00AM	Healthy Steps in Motion; \$1
10:00AM	Bingo; .50/card for 10 games & .25/card for coverall
10:00AM	Yoga; \$3
11:00AM	Tai Chi; \$1
1:00PM	Veteran’s Committee Meeting: (1st Monday of March-November)
TUESDAY	
9:00AM	Healthy Steps in Motion; \$1
10:00AM	Watercolor Painting Class; \$1
10:00AM	Cardio Exercise Program; \$1
11:00AM	Yoga; \$3
12:30PM	BUNCO- dice game – 2nd & 4th Tuesday of each month; \$1
1:30PM	Chi Kung; \$1
2:00PM	Diabetes Support Group - 2nd Tuesday each month; no fee
5:00PM	Classic Cardio; \$3
WEDNESDAY	
Center Closed 12/24	
9:00AM	Pickle Ball Court; (closed until Spring)
9:00AM	Healthy Steps in Motion; \$1
10:00AM	Yoga; \$3
11:00AM	Tai Chi; \$1
1:00PM	Quilting Group; no fee
4:00PM	Yoga; \$3
THURSDAY	
Center Closed 12/25	
9:00AM	Healthy Steps in Motion; \$1
10:00AM	Line Dancing; \$1
10:00AM	Cardio Exercise Program; \$1
10:00AM	Book Club, last Thursday of the month; \$1
11:00AM	Chair Fitness; \$1
1:00PM	Knitting Group; no fee
4:45PM	Cardio Yoga Combo Class; \$3
FRIDAY	
9:00AM	Healthy Steps in Motion; \$1
10:00AM	Bingo; .50/card for 10 games & .25/card for coverall
10:30AM	Yoga; \$3

*Please call to verify date change; if activity falls on ‘Center Closed’ date. Tune in to COOL 101.7 to hear the Centers’ updates from Center Director, Tami Boylan. Check out our Facebook page, Active Aging Center Meadville (Canadohta included with Meadville).

CAMBRIDGE SPRINGS CENTER

156 Venango Ave., Cambridge Springs

Center Manager: Tami Boylan 398-8616

Follow us on Facebook at The Active Aging Center of Cambridge Springs

December

12/1	10:00AM-3:00PM	Wreath Pick Up Day
12/4	10:30AM	Cookie Decorating Activity w/ Tami & Hayleigh
12/5	10:00AM	Christmas Lunch Reservations Due
12/8	10:00AM	Leave for Trip to Kraynak’s. Reservations Required.
12/9	10:10AM	1st Grade Pen Pals Visit
12/11	10:30AM	SINGO w/ Erin
12/12	12:00PM	Center Closes
12/16	8:00AM-3:00PM	Cookie Sale Pick Up Day
12/18	11:45AM	Christmas Lunch. Reservations Required.
12/23	8:00AM-3:00PM	Wear Your Christmas Sweater Day
12/24	Center is Closed	
12/25	Center is Closed	

Tuesday: 10:00AM Chair Yoga
9:00 AM HSIM Exercise Class
10:00AM Games/ Dominos

Wednesday: 9:30AM Euchre Cards - reservations needed

Thursday: 9:00AM HSIM Exercise Class
10:00AM Games/ Dominos
10:00AM-3PM Woodcarving

Friday: 9:30AM Euchre Cards- reservations needed
1:30PM Gentle Yoga

Exercise Equipment/ Gym Available Monday – Friday 8:00AM-3:00PM
Ukuleles Available to play daily 8:00AM- 3:00PM
Meal Reservations needed two days in advance 814-398-8616
Lunch served at 11:45 daily

CANADOHTA CENTER

Center Manager: Patty Flaherty 814-336-1792

Follow us on Facebook at The Active Aging Center of Meadville

December

EACH FRIDAY 9:00-9:30 WILL DO LIGHT EXERCISES (HEALTHY STEPS)

12/5	10AM Home Instead runs SINGO – a fun, musical twist to Bingo
	Reservation & payment due for 12/19 Christmas Celebration & Meal of Roast Beef with Stuffing, Mashed Redskin Potatoes, Candied Carrots, Dinner Roll & Pie.
12/11	Thursday – Viewing Historical Speaker Series on YouTube Lake Canadohta Historical Society Page
12/19	Christmas Celebration-Word Scrambles, Word Searches, Dingbat Puzzles and Trivia. See 12/5 for Meal details
12/23	Tuesday – More Christmas fun and games: Christmas Music Puzzles, ‘5 Second Game’ and Reindeer Game.
12/26	Friday – Merry Christmas! Center Closed

Please Contact Patty Flaherty, Manager, Canadohta Center @ 814-336-1792x106 on Tuesday prior to pre-register for a Friday lunch with us.

THE BAIR FAMILY CENTER

237 South Pymatuning Street, Linesville 683-4959

Center Manager: Ginger Thomas

December HAPPENINGS

12/4	12PM LUNCH ‘N LEARN: HOME INSTEAD LEADS SINGO
12/5	Christmas Party Reservations Due: \$12 per person
12/6	Tractor Parade (will have food for sale & be a warming center)
12/8	Cookie Order Due: \$6 a dozen
12/11	12PM LUNCH ‘N LEARN: Life – NWPA (Jeopardy)
12/17	Pack Christmas Cookies
12/17	BINGO Today (No Bingo on Thursday)
12/18	Christmas Cookie Pick-up
12/18	CHRISTMAS PARTY (Live Music: Dan Hogan)
12/19	Nails w/ Kathy (suggested Donation \$2)
12/24-12/25	CENTER WILL BE CLOSED IN HONOR OF CHRISTMAS

TITUSVILLE SENIOR CENTER

714 E. Main St., Titusville

Center Manager: Ashley Thompson 827-9134 • www.goseniors.org

December

12/1	12:45PM Pinochle Party
12/2	10:30AM Healthy Steps in Motion
12/3	12:45PM Bingo
12/4	10:30AM Healthy Steps in Motion
12/5	9:00AM Breakfast
12/5	10:00AM Creator’s Cove – Make A Gift Day!
12/8	12:45PM Pinochle Party
12/9	10:30AM Healthy Steps in Motion
12/9	Christmas Card Day – Spread some Cheer!
12/10	12:45PM Christmas Bingo
12/11	10:30AM Healthy Steps in Motion
12/12	11:00AM – Ugly Sweater Holiday Party!
12/15	12:45PM Pinochle Party
	Chocolate Covered Anything Day
12/16	10:30AM Healthy Steps in Motion
12/17	12:45PM Brown Bag Bingo
12/18	10:30AM Healthy Steps in Motion
12/19	11:00AM Blood Pressure Screenings
	12:00PM Birthday Luncheon
	12:45PM Senior Council
12/22	11:00AM Secret Santa Gift Exchange
12/22	12:45PM Speed Bingo – we go fast!
12/23	12:45PM Cookie Decorating with Adagio
12/24	9:00AM Donuts, Cookies & Coffee
12/24	9:30AM Rise & Shine Pinochle
12/25 & 12/26	CLOSED: Merry Christmas!
12/29	12:45PM Pinochle Party
12/30	10:30AM Healthy Steps in Motion
12/30	Crossword Puzzle Day
12/31	10:00AM Early Bird BINGO
12/31	11:45AM New Years NOON Countdown
1/1/26	CLOSED: Happy New Year!
1/2/26	9:00AM Breakfast
	9:30AM Pinochle Party

* Indicates pre-registration is required. **Calendar subject to change. To verify, check our website, www.goseniors.org, find us on Facebook, or pick up a newsletter at The Center.

Titusville Senior Center has been a place for those in our area to gather, socialize, connect, and find a sense of belonging since 1959. We serve those aged 60/older, hosting a variety of activities to ensure there’s something for everyone! Some of our activities include Bingo, exercise class, art lessons, craft/sewing groups, trivia challenges, card tournaments, lifelong learning classes & speakers, dances, trips, various group games and so much more! For those who may not prefer large group activities, we have space available for independent or small group activities and projects. In addition to scheduled activities – our game room, craft room, puzzle table, communication lab, lending library, TV room, massage chair, porch sitting area, coffee counter and snack bar are open during normal business hours.

Lunch is served daily at noon for a suggested \$3 donation. Each meal includes an entree, vegetable, bread, and fruit or dessert. Our menu is planned by registered dietitians & nutritionists to ensure maximum nutrition and complies with government regulations and wellness policies. Reservations required TWO business days in advance by calling (814) 827-9134 or sending an email to goseniors@zoominternet.net.

Located at Burgess Park in Titusville, we are open weekdays 9 AM – 3 PM. Drop by or visit www.goseniors.org to view our newsletter, full calendar of events, and menu - or find us on Facebook! Our mission is to assure that older adults remain active, independent, healthy and involved in our community. Don’t forget to get your tickets for our Monthly 50/50 Raffle while you’re here, which is open to the public. See you soon!

ACTIVE AGING, INC. WILL BE CLOSED

FOR THE HOLIDAYS

THURSDAY, NOVEMBER 27TH

FRIDAY, NOVEMBER 28TH

WEDNESDAY, DECEMBER 24TH

THURSDAY, DECEMBER 25TH

THURSDAY, JANUARY 1ST

ACTIVE AGING & CENTERS CLOSE BY 12:30PM

ON FRIDAY, DEC. 12TH

SHARE

SHARED HOUSING AND
RESOURCE EXCHANGE

Do you have extra space in your home?
Would you like some companionship or
assistance with living expenses?

The SHARE program may be just
what you need!

Shared Housing and Resource Exchange (SHARE) is an
affordable housing choice that brings together
homeowners who want to share their home with home
seekers who have an option to assist with living expenses,
help around the house, or a combination of both.

SHARE is available here, in Crawford County!

Reach out to the Professional Housing Counselor today.
They work to screen and match people who have extra
space in their homes with people seeking an affordable
living situation.

Contact Housing Coordinator for Crawford County
Gwen Smith at 814-336-1792 ext 165

Resources available to
Pennsylvanians in need of support:

National Suicide Prevention Lifeline:
1-800-273-TALK (8255)

Nacional de Prevención del Suicidio:
1-888-628-9454

Crisis Text Line: Text “PA” to 741-741

Veteran Crisis Line: 1-800-273-TALK (8255)

Disaster Distress Helpline: 1-800-985-5990

Get Help Now Hotline (for substance use disorders):
1-800-662-4357

Pennsylvania Sexual Assault Helpline:
1-888-772-7227

National Domestic Violence Helpline:
1-800-799-7233

Active Aging accepts donations of unopened incontinent supplies,
including pads, pull-ups or underpads. Active Aging will also accept
donations of nutritional supplements unless out of date.

Donations can be dropped off Monday through Friday, 8 AM to 4:30 PM at
1034 Park Ave. in Meadville.
We are also able to pick up if needed, call to schedule.

If you or anyone you know over the age of
60 requires supplies and are unable to afford them, please call
814-336-1792 for assistance.

Active Aging would like to thank the following individuals, along with several
anonymous individuals, for donating medical supplies and equipment for our
consumers.
Sandra Cotherman, Bill Gebahart, Cheryl Hudson, Shayna Morrison,
Jackie Palmer, Marjori Persichini, Julie Roth, Howard Schroder,
Catherine Volk, Wesbury Help at Home,
Your donations are appreciated
Thank you for supporting the older adults of Crawford County!

MEADVILLE CENTER

WALK

WITH

US!

START YOUR
NEW YEARS
RESOLUTION OFF
ON THE RIGHT
FOOT!

STARTS MONDAY,
JANUARY 12, 2025

- 3/week - M, W, Th at 9 am
- 6 weeks
- Meet at Downtown Mall

WALK WITH EASE PROGRAM

Walk with Ease is a group exercise program that improves flexibility, strength & stamina. Record improvements & reduce pain during this 6 week program.

If you can be on your feet for 10 minutes, without increased pain you will see success with the Walk with Ease Program.

QUESTIONS OR TO SIGN-UP CALL PATTY/ASHLEY
814-336-1792 EXT. 106

A PROGRAM FROM THE ARTHRITIS FOUNDATION

A PA MEDI COUNSELOR

CAN HELP YOU TO:

- Understand Medicare eligibility & enrollment
- Understand what services are covered under Medicare Parts A and B and your Medicare Summary Notice
- Understand your Medicare Prescription Drug (Part D) benefit
- Make informed choices about Medicare coverage options, Medigap policies and Medicare Advantage Plans *and more!*

pennsylvania

Medicare Education and Decision Insight

Winnin' of the Green
Reverse Raffle

BIG \$3,000 Main Board

Additional Merchandise & Cash Raffles

Limited Seating - Buy Your Ticket Early

BYOB for Age 21 or Older

Saturday, March 14, 2026

Community Center of Crawford County

Doors & Sideboards Open at 4:00PM

Roast Beef Dinner by 7:00PM

Raffle To Follow

\$60/ Ticket for a Couple (\$50 for a Single)- Includes: Chance on \$3,000 Board,
Free \$2.00 Sideboard, Dinner, Mixers & Munchies



Community Center of Crawford County
Lew Davies Community Building
1034 Park Avenue Meadville, PA
(814) 336-1792

Proceeds Benefit Active Aging Foundation

Small Games of Chance License #SGC25112

Are You Up-To-Date on Your Preventive Services?

Medicare covers a full range of preventive services to help keep you healthy and help find problems early, when treatment is most effective. Ask your doctor which of these services is right for you.



✓	Preventive service	Date	Notes
	One time "Welcome to Medicare" Preventive Visit—within the first 12 months you have Medicare Part B (Medical Insurance)		
	Yearly "Wellness" Visit—get this visit 12 months after your "Welcome to Medicare" preventive visit or 12 months after your Part B effective date		
	Abdominal Aortic Aneurysm Screening		
	Alcohol Misuse Screening and Counseling		
	Bone Mass Measurement (Bone Density Test)		
	Cardiovascular Disease (Behavioral Therapy)		
	Cardiovascular Screenings (cholesterol, lipids, triglycerides)		
	Colorectal Cancer Screenings		
	Depression Screening		
	Diabetes Screening		



Homemade Christmas Cookie Sale

• • • • •

\$5.00 a Dozen Assorted Cookies

• • • • •

Pre-orders are appreciated by December 5th
Call 814-398-8616 to place your order.

**Orders available for pick-up on
Tuesday, December 16th**



156 Venango Avenue, Cambridge Springs, PA 16403
All proceeds benefit the Active Aging, Inc. Cambridge Springs Center.



COOKIES

For sale

Christmas Cookie Orders
Order Dates: October 11th - December 8th
Price: \$6 per dozen

Hosted by: The Active Aging Bair Family Center
237 South Pymatuning street
Linesville, pa 16424

Call the center at 814-683-4959 or stop in to place your Christmas cookie order!
Payment due by: December 8th
Pick-up date: December 18th
Get your holiday treats while they last!




MEADVILLE CENTER

FITNESS CLASSES

START TODAY

WHAT WE OFFER

- Yoga
- Cardio Classes
- Tai Chi & Chi Kung
- Healthy Steps In Motion - combination of stretching, balance & strength training
- Weight Machine & Free Weights
- Treadmills & Elliptical
- Stationary & Recumbent Bikes
- Chair Fitness - seated stretching & strength training
- Line Dancing

Stop into the Center for a complete class schedule.
Class donations range from \$1 - \$3

Patty/Ashley 814-336-1792 ext. 106
1034 Park Ave. Meadville



LIVING THE JOURNEY

Healing Through Community
A place for everyone dealing with loss

You're Not Alone
Need someone to talk to?
Join us at The Bair Family Center every Tuesday morning at 9:30am

Feelings of Grief

- Sadness, anger, guilt, or numbness
- Physical symptoms like fatigue or poor sleep
- Difficulty focusing or making decisions
- A sense of isolation or emptiness

These are normal.
You're not broken — you're healing.

Grief doesn't mean forgetting — it means learning to live with love in a new way.
Take your time. Healing isn't a straight path. Be patient with yourself.

The Active Aging Bair Family center
237 South Pymatuning Street Linesville, Pa 16424
814-683-4959

DECEMBER 2025

Crawford County
Active Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4oz Sloppy Joe 1/2c Country Greens 1/2c Sweet Potato Bites Hamburger Bun Oatmeal Cream Pie Margarine	3oz Kielbasa with 1oz Kraut 1/2c Haluski 1/2c California Blend Vegetables 1/2c Applesauce Hot Dog Bun Margarine	Roasted Honey Garlic Pulled Pork 1/2c Steamed Broccoli 1/2c White Rice 1/2c Blushed Fruit Dinner Roll Margarine	Turkey Chef Salad (2oz Turkey, 1oz Cheddar, over 1c Mixed Greens w/ Tomato) 1c Vegetable Soup 1 Whole Wheat Bread 1 Piece Cake	Liver & Onions 1/2c Garlic Mashed Potatoes 1/2c Carrots White Bread Pudding Margarine
General Tso's Chicken 1/2c White Rice 1/2c Garlic Broccoli 1/2c Mandarin Oranges Cookie	Cheeseburger 1/2c Tator Tots 1/2c Baked Pineapple 1/2c Coleslaw Hamburger Bun	Creamy Chicken Tortellini (3oz Chicken, 1/2c Tortellini) 1/2c Green Beans 1/2c Spiced Fruit Whole Wheat Bread Margarine	DECEMBER BIRTHDAYS 3oz Salisbury Steak with 2oz Gravy 1/2c Whipped Potatoes 1/2c Peas Dinner Roll Birthday Cake Margarine	3oz Chicken Salad Croissant 1/2c 3 Bean Salad 1/2c Mandarin Oranges Cookie
3oz Sliced Ham with 1oz Pineapple Sauce 1/2c Mashed Potatoes 1/2c Green Peas Dinner Roll Cookie	Chicken Philly Sandwich 1c Cream of Spinach Soup 1/2c Coleslaw Hoagie Roll Pudding Margarine	4oz Shrimp Scampi 1/2c Creamy Pasta 1/2c Lemon Pepper Broccoli Breadstick Fresh Fruit Margarine	CHRISTMAS DINNER 3oz Roast Beef w/ Gravy 2oz Stuffing 1/2c Mashed Redskin Potatoes 1/2c Candied Carrots 1 Dinner Roll Pie	French Dip Sandwich w/ 2oz Au Jus 2oz Beef, 1oz Mozzarella Cheese 1/2c Garlic Parsley Potatoes 1/2c Green Beans 1/2c Mandarin Oranges Hoagie Bun & Margarine
3oz Pot Roast w/ 2oz Gravy 1/2c Mashed Potatoes 1/2c Coin Carrots 1 Italian Bread 1/2c Apple Crisp Margarine	Meatball Sub (3 Meatballs) w/ 1oz Mozzarella Cheese 1c Loaded Potato Soup 1/2c Side Salad w/ Dressing Hot Dog Bun Fresh Fruit	CLOSED	MERRY CHRISTMAS!!	4oz Sweet & Sour Pulled Pork 1/2c White Rice 1/2c Broccoli and Cauliflower Wheat Bread Fresh Fruit Margarine
3oz Chicken Cutlet with 2oz Country White Gravy 1/2c Mashed Potatoes 1/2c Brussel Sprouts Wheat Bread Blushed Fruit	Grilled Chicken Salad (2oz Grilled Chicken, 1oz Cheese) 1c Lettuce, 2oz Tomato 1c Broccoli Soup Breadstick 1/2c Fruited Gelatin Margarine	NEW YEARS EVE! 3oz Pulled Pork w/ 2oz Sauerkraut 1/2c Parsley Potatoes 1/2c Greens Dinner Roll Cake w/ Frosting Margarine		

MEDICARE QUESTIONS?

Come learn the basics of Medicare!

We are holding a 1-hour informational seminar where we will discuss Medicare Parts A,B,C, and D as well as Medicare Supplements, Advantage Plans and Prescription Drug Plans.

Thursday, December 11th
6:30-7:30 PM
Active Aging Center
Meadville, PA



Presented by
Mary Shaffer



Call today to reserve your space
814-382-8686

*Not a sales meeting, no obligation for attending.

We do not offer every plan available in your area. Currently we represent 8 organizations which offer 80 products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program (SHIP) to get information on all of your options.



Christmas Dinner
Thurs. Dec. 14th

Active Aging Center of Cambridge
Springs

\$ 9.00 Donation

Reservations needed by Dec. 5th

For more info or for reservations call 398-8616

Menu: ROAST BEEF W/ GRAVY, STUFFING, MASHED REDSKIN POTATOES,
CANDIED CARROTS, DINNER ROLL, PIE






- WHEELCHAIR ACCESSIBLE VEHICLES
- ADAPTIVE DRIVING CONTROLS
- SALES & SERVICE
- WHEELCHAIR ACCESSIBLE VAN RENTALS

**THE FREEDOM TO DRIVE & TRAVEL
PLUS INDEPENDENCE!**

16165 CONNEAUT LAKE RD, MEADVILLE, PA 16335 (814) 336-1061



INSURANCE MADE EASY

Under 65 • Veterans • Medicaid • Turning 65

WORK WITH LOCAL, TRUSTED COMMUNITY ADVOCATES

SPECIALIZED IN:

- Pennie Marketplace • Vision/Dental
- Wealth & Retirement Planning
- Medicare Supplement & Advantage Plans
- Prescription Drug Plans



Call today for a **no cost** consultation!
814-807-1090



Scan to check out our website

105 Mead Ave. Meadville, PA
meadville@tlcinsurancegroup.com

TLC Senior Solutions is not connected to the Federal Medicare program. By contacting this number, you will be connected with a licensed insurance agent. This is an advertisement for insurance.



THE ACTIVE AGING BAIR FAMILY CENTER

CHRISTMAS PARTY

Come Join Us!
Enjoy a wonderful meal surrounded by friends, music, and fun.
Great food, good vibes, and unforgettable memories await—don't miss it!

\$12 per person - All are welcome!
Party Time: 10:00 AM - 1:00 PM
Reservations due by: December 5th

LIVE MUSIC WITH DAN HOGAN

THURSDAY DECEMBER 18

The Active Aging Bair Family Center
237 South Pymatuning Street Linesville, Pa 16424
814-683-4959



TRIP TO KRAYNAKS

DECEMBER 8TH

\$13.00

- ❖ Meet at The Cambridge Springs Active Aging Center @ 10AM
- ❖ Arrive at Kraynak's around 11AM
- ❖ Take your time and enjoy everything Kraynak's has to offer:
 - View Various Decoration Displays
 - Wander through the Greenhouse to See Different Plants
 - Purchase Items to Take Home if You Wish
- ❖ Leave Kraynak's at 1PM to go to Lunch at Golden Corral
 - Estimated Cost for Lunch: \$15.00
- ❖ Head Back to The Center at 2:15PM

Please remember when buying items that you must carry your items on & off the bus. Items must be able to sit on the floor by your feet or on your lap for the duration of the trip

To RSVP CALL: 814-398-8616 by: 11/26/25 at 10AM

\$13.00 due at the time of reservation



12 Days of CHRISTMAS

12/1, 12/2 & 12/3 Christmas Trivia & Word Puzzles 11am	12/4 Pancake & Sausage Breakfast 8am
12/8 & 12/9 Christmas Games 11am	12/10 Food Auction 10:30am
12/11 & 12/15 Christmas Music Puzzles & '5 Second Game' 11am	12/16 SINGO - musical twist to bingo 11am
12/17 Reindeer Games 11am	12/18 Christmas Dinner 12pm (RSVP's due 12/8)

JOIN THE MEADVILLE CENTER

Count down to Christmas with festive games each day! Stay for lunch following each event. (Lunch reservations required 2 days in advance.)
Call Patty/Ashley for more information/lunch reservations
814-336-1792 ext. 106

PACE / PACENET

Started in 1984, the Pharmaceutical Assistance Contract for the Elderly (PACE) Program helps older persons living in Pennsylvania to pay their prescription expenses. PACENET is the Pharmaceutical Assistance Contract for the Elderly Needs Enhancement Tier. This program has been created to assist older Pennsylvanians, whose incomes are slightly higher than the PACE income limits, with the cost of their prescription drugs.

- Eligibility Information:**
- PACE requirements:**
- 65 years of age or older.
 - A resident of Pennsylvania for at least 90 days prior to the date of application.
 - Ineligible for pharmaceutical benefits under medical assistance.
 - Total income for last year for a single person must be less than \$14,500.
 - Total income for last year for a married couple must be less than \$17,700.
- Once an application is approved, an enrollee is responsible for \$6 copayment for generic drugs or a \$9 copayment for brand name drugs for each prescription reimbursed by PACE.
- PACENET requirements:**
- 65 years of age or older.
 - A resident of Pennsylvania for at least 90 days prior to the date of application.
 - Ineligible for pharmaceutical benefits under medical assistance.
 - Total income for a single person from last year must be between \$14,500 to \$33,500.
 - Total income for a married couple last year must be between \$17,701 to \$41,500.

PACENET December have a monthly drug plan premium to pay at the pharmacy, which will be cumulative if not met each month. Once that monthly drug premium has been met, PACENET has an \$8 copayment for generic drugs and a \$15 copayment for brand name drugs. Your out-of-pocket costs to you are computed by the PACE program.

To use your PACE/PACENET card: Take your card and prescription to any drugstore that accepts PACE. Always keep your card with you. Do not leave your card at the drugstore. Do not mail your card to a mail-order pharmacy.

You December not use your card to purchase drugs out of the state or to mail drugs out of the state. You can use your card ONLY while you are in Pennsylvania.

Can I have other medical insurance or prescription coverage and still apply for PACE/PACENET?

Yes, However, PACE is the payor of last resort and will only cover prescription costs not covered by other medical insurance. You will be asked to provide information about your insurance coverage when you apply for PACE/PACENET, and you should inform your pharmacist of all your medical and prescription plans.

Is it possible to get help with completing the PACE/PACENET application?

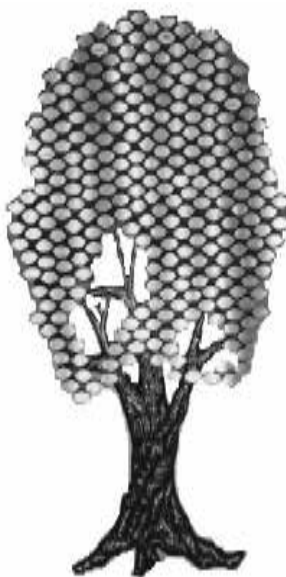
Yes! Please call Active Aging, Inc. at (814) 336-1792 or 1-800-321-7705. An appointment can be scheduled for you



Juniper Village at Meadville
455 Chestnut St.
Meadville, PA 16335

*Reach out to me
to get you Your
Personal Tour
Scheduled!*

DIANA HILL
Diana.Hill@junipercommunities.com
Phone: 814-333-4400
Fax: 814-333-2607



The BEST time to plant a tree is 20 years ago. The next best time is NOW. ~African Proverb

DO YOU HAVE MEDICARE?

Do you have questions about your coverage or current plan? Do you want to know if you are eligible to save money on your prescription drug costs and/or your Part B premium? The PENNSYLVANIA MEDICARE EDUCATION AND DECISION INSIGHT Program can help!

What is PENNSYLVANIA MEDICARE EDUCATION AND DECISION INSIGHT?

PENNSYLVANIA MEDICARE EDUCATION AND DECISION INSIGHT is a free health insurance counseling program designed to help all Pennsylvanians with Medicare. PENNSYLVANIA MEDICARE EDUCATION AND DECISION

You may qualify for financial assistance programs! PENNSYLVANIA MEDICARE EDUCATION AND DECISION INSIGHT wants to make sure you and your friends who have Medicare know about the Extra Help and Medicare Savings Programs.

How can the PENNSYLVANIA MEDICARE EDUCATION AND DECISION INSIGHT Program help you?

PENNSYLVANIA MEDICARE EDUCATION AND DECISION INSIGHT can help with:

- Medicare
- Medicare Prescription Drug Plans (Part D)
- Medicare Advantage Plans
- Medicare Supplement Insurance (Medigap)
- Plan Comparisons
- Medicaid
- Screening and applying for financial assistance programs
- Medicare Appeals
- Long-Term Care

Call today to get connected to the PENNSYLVANIA MEDICARE EDUCATION AND DECISION INSIGHT Program in your area.

1-800-783-7067

PENNSYLVANIA MEDICARE EDUCATION AND DECISION INSIGHT is a free service provided by the PA Department of Aging, and is funded in whole or part by grant number 2001PAMIAA-00


pennsylvania
Medicare Education and Decision Insight

 **pennsylvania**
DEPARTMENT OF AGING

Updated February 2025

Extra Help
Can help lower your prescription drug co-payments and premium, and gives you extra times to switch your plan!

You may qualify if:

- If you are single and have total monthly income of less than \$1,976; and less than \$17,600 in resources
- If you are married and have a total monthly income of less than \$2,664; and less than \$35,130 in resources

*There are certain deductions taken for Extra Help. You may qualify even if you are above these limits.

Medicare Savings Programs
Can help you with the payment of your Part B premium!

You may qualify if:

- If you are single and have a total monthly income of less than \$1,781; and less than \$9,660 in resources
- If you are married and have a total monthly income of less than \$2,399; and less than \$14,470 in resources

*Medicare Savings Programs can possibly help with the payment of your Medicare Part A and Part B cost-sharing.

*There are certain deductions taken for Medicare Savings Programs. You may qualify even if you are above these limits.



pennsylvania
Medicare Education and Decision Insight

Updated information on 2025 eligibility for Programs available to help you with Medicare costs

Do you have Medicare and limited income and assets? You may qualify for one of the following programs to help you with Medicare costs.

Low Income Subsidy (Extra Help):

INCOME:	less than \$23,715 single (\$1,976/month)
	less than \$31,965 married (\$2,664/month)
ASSETS:	less than \$17,600 single
	less than \$35,130 couple
BENEFITS:	low or no premium for Part D plan
	low copays for generic and brand-name drugs

Medicare Saving Program:

ELIGIBILITY:	Monthly income \$1,781 individual
	Monthly income \$2,399 couple
ASSETS:	\$9,660 individual or \$14,470 couple
BENEFIT:	Pays your Medicare Part B premium

PACE/PACENET (resources not counted):

- Must be 65 years of age, or older
- Must be a Pennsylvania resident for at least 90 days prior to application
- Cannot be enrolled in benefits under Pennsylvania's Medicaid Program

PACE income:	Single \$14,500	Married \$17,700	based on prior year income
PACENET income:	Single \$33,500	Married \$41,500	based on prior year income

For more information, or for an appointment to receive assistance in completing an application, contact the PA MEDI Program at Active Aging, Inc., (814)336-1792 or 1-800-321-7705. The PA MEDI Program provides assistance to Medicare beneficiaries of any age.

 **pennsylvania**
DEPARTMENT OF AGING

We invite you to participate in our “Tree of Giving” gift program. This is an on-going and permanent gift program that gives you, as a donor, the discretion to honor someone’s hard work or achievement; remember a special/personal event or anniversary; or as an everlasting memorial for a loved one, friend or community leader. The “Tree of Giving” includes brass leaves and three different size brass stones that can be engraved to your desire. For additional information or to make an appointment with our Foundation Staff, please call (814) 336-1792 or 800-321-7705.

PENNSYLVANIA MEDICARE EDUCATION AND DECISION INSIGHT Update

PENNSYLVANIA MEDICARE EDUCATION AND DECISION INSIGHT (PA MEDI), the State Health Insurance Assistance Program for all Medicare beneficiaries residing in Pennsylvania. During Medicare's Annual Open Enrollment, beneficiaries have the opportunity to compare their current Medicare Advantage Plan or Part D prescription drug plans and make any necessary changes to their coverage for the upcoming year. At Active Aging, Inc., the PA MEDI Program remains very busy all year. PA MEDI counselors are available, by appointment, to give information to individuals who are new to Medicare, assist with problems or questions about current coverage, and to screen and assist those eligible for Medicare cost-savings programs.

Outside of Annual Open Enrollment, there are Special Enrollment Periods (SEP) for individuals who December be eligible to make a change to their current coverage. Below is a list of examples for when a person December qualify for a SEP:

You change where you live

- I moved to a new address that isn't in my plan's service area.
- I moved to a new address that's still in my plan's service area, but I have new plan options in my new location.
- I moved back to the U.S. after living outside the country.
- I just moved into, currently live in, or just moved out of an institution (like a skilled

nursing facility or long-term care hospital).

- I'm released from jail.

You lose your current coverage

- I'm no longer eligible for Medicaid.
- I left coverage from my employer or union (including COBRA coverage).
- I involuntarily lose other drug coverage that's as good as Medicare drug coverage (creditable coverage), or my other coverage changes and is no longer creditable.
- I had drug coverage through a Medicare Cost Plan and I left the plan.
- I dropped my coverage in a Program of All-inclusive Care for the Elderly (PACE) plan.

You have a chance to get other coverage

- I have a chance to enroll in other coverage offered by my employer or union.
- I have or am enrolling in other drug coverage as good as Medicare prescription drug coverage (like TRICARE or VA coverage).
- I enrolled in a Program of All-inclusive Care for the Elderly (PACE) plan.

Your plan changes its contract with Medicare

- Medicare takes an official action (called a "sanction") because of a problem with the plan that affects me.

- Medicare ends (terminates) my plan's contract.

- My Medicare Advantage Plan, Medicare Prescription Drug Plan, or Medicare Cost Plan's contract with Medicare isn't renewed.

Other special situations

- I'm eligible for both Medicare and Medic-

aid.

- I qualify for Extra Help paying for Medicare prescription drug coverage.
- I'm enrolled in a State Pharmaceutical Assistance Program (SPAP) or lose SPAP eligibility. (This is PACE/PACENET in PA)
- I dropped a Medigap policy the first time I joined a Medicare Advantage Plan.
- I have a severe or disabling condition, and there's a Medicare Chronic Care Special Needs Plan (SNP) available that serves people with my condition.
- I'm enrolled in a Special Needs Plan (SNP) and no longer have a condition that qualifies as a special need that the plan serves.
- I joined a plan, or chose not to join a plan, due to an error by a federal employee.
- I wasn't properly told that my other private drug coverage wasn't as good as Medicare drug coverage (creditable coverage).
- I wasn't properly told that I was losing private drug coverage that was as good as Medicare drug coverage (creditable coverage).

These Special Enrollment Period situations have been adapted from www.medicare.gov; if you would like to learn more about special enrollment period situations, please visit www.medicare.gov or contact PA MEDI. For more information on PENNSYLVANIA MEDICARE EDUCATION AND DECISION INSIGHT, or to schedule an appointment for assistance, please call Active Aging, Inc. at 814-336-1792 or 1-800-321-7705. Active Aging, Inc. is located at 1034 Park Ave., Meadville, Pa.

BINGO

Every Wednesday

No Bingo on December 24th & December 31st

Doors Open at 4:30 PM

Games Begin at 6:30 PM

\$50 on Singles & \$100 on Doubles

With Over \$2,000 in Jackpots!

4 Guaranteed Jackpot Games: 1 - \$1,100, 1 - \$400, 1 - \$300 and 1 - \$250

2 Additional Extra Games Sold On the Floor Only:

The "Red, White & Blue" Triple Progress Early Bird Jackpot Game and the Count Down Game that will pay anywhere from a "Winner-Take-All" or can "countdown" to a 50/50 payout game.

Admission Prices

9 Card Admission Packets Start at \$25*

Extra Books Available at \$5 per Book

*5 for 5 Jugs are Included in Your Admission Packet Price.

Reserve Your Seat

The Bingo Seat Reservation Voicemail Box System is available from noon the day before bingo until noon the day of bingo and can be reached at 814-336-1792 Ext. 158. Reserved seats are on a "first called-first saved" basis and particular seat requests are honored when possible, but not guaranteed. Reserved seats are only held until 6 PM and are not required in order to play bingo - **Walk-Ins are always welcome!**

1st Friday of the Month

Doors Open at 4:30 PM

Games Begin at 6:30 PM

Addmission Packets \$30

Play as Many Cards as You Want, includes 5 for \$5 Jugs

4 Guaranteed Jackpots: 1 - \$1,000, 1 - \$200 and 2 - \$150

Community Center of Crawford County

1034 Park Ave. Meadville, PA 814-336-1792

Bingo Proceeds Benefit the Programs and Services Offered through Active Aging, Inc.

Bingo License No. BNG24020 Small Games of Chance License No. SGC24111

Are you worried a loved one needs more care?

When you come home for the holidays, you expect a time of family fellowship.

But the experience can change from joy to worry when you realize a loved one is declining at home.

If they are:

- Forgetful or not eating right
- Falling, weak or unstable
- Struggling with daily tasks or taking medications
- Unable to manage home maintenance and household chores
- Lonely or missing social opportunities
- Having difficulty getting to appointments and church
- Relying on family friends or neighbors

Give your family peace of mind this holiday season by calling 814-332-9009 and asking about Cribbs Residential Center, where we provide all the comforts of home and the service you need. We even offer winter and trial stays!



WESBURY Cribbs Residential Center · 31 Park Avenue · Meadville, PA 16335
Experience MORE 814-332-9009 · www.wesbury.com





Be sure to like all the Active Aging pages to find out about the latest events & information!

Active Aging, Inc.

The Active Aging Center of Cambridge Springs

The Active Aging Bair Family Center (Linesville)

The Active Aging Center of Meadville

The Active Aging Foundation







PAWS (Pet Assistance and Wellness for Seniors) was established to help area seniors feed and care for their pets. Seniors on a fixed income often go without to care for their pets - even sharing their meals with them. PAWS provides pet food, flea & tick control, vaccine subsidies and assistance with veterinary care for area seniors who are enrolled in specific programs through Active Aging, Inc.

Your generosity will allow PAWS to provide more food and needed veterinary care to the pets of area seniors in need. If you'd like to help keep a senior's pet healthy, there are two ways in which you can donate.

To make a monetary donation for pet food, vaccines, flea & tick control and veterinary care
visit activeaging.org or mail checks to Active Aging Foundation,
1034 Park Avenue, Meadville, PA 16335



Did you pay PA Property Tax or Rent in 2024?

You December qualify for the 2024 PA Property Tax/Rent Rebate. Active Aging, Inc. has trained staff volunteers who can help you file if you meet the qualifications. For more information on the program details or to schedule an appointment for this free service, please call Active Aging, Inc. at 814-336-1792. New: File Your Property Tax/Rent Rebate Program Applications Online

Property Tax/Rent Rebate Program claimants now have the option to submit program applications online with the Department of Revenue's myPATH system. Filing online leads to fast processing, easy direct deposit options and automatic calculators that will help you apply for your rebate. Visit mypath.pa.gov to file your application.

This Month in History December

December 2, 1959- Dam collapses in France, killing 412.
December 3, 1967- First human heart transplant.
December 4, 1917- Psychiatrist reports on the phenomenon of shell shock.
December 6, 1884- Washington Monument is completed.
December 7, 1941- Pearl Harbor is bombed.
December 8, 1980- John Lennon is assassinated in New York City.
December 9, 1992- U.S. Marines storm Mogadishu, Somalia.
December 10, 1901- First Nobel Prizes are awarded.
December 12, 1980- Da Vinci notebook sells for over 5 million.
December 13, 2000- Al Gore concedes presidential election.
December 14, 1967- Blizzard ravages Navajo reservation.
December 15, 2001- Leaning Tower of Pisa reopens.
December 16, 1773- Sons of Liberty dump British Tea.
December 17, 1903- The first airplane flies.
December 18, 1865- Slavery abolished in America.
December 19, 1907- Pennsylvania miners perish in coal mine explosion.
December 20, 1963- Berlin Wall opened for the first time.
December 21, 1968- Apollo 8 departs for the moon's orbit.
December 22, 1956- First gorilla is born in captivity.
December 23, 1888- Van Gogh chops his ear off.
December 24, 1923- Coolidge lights the first national Christmas tree.
December 25, 1914- Just after midnight on Christmas morning, the majority of German troops engaged in World War I cease firing their guns and artillery and commence to sing Christmas carols.
December 26, 1966- The First Kwanzaa is celebrated.
December 27, 1932- Radio City Music Hall opens.
December 28, 1895- First commercial movie is screened.
December 29, 1890- U.S. Army massacres Indians at Wounded Knee.
December 30, 1922- The USSR is established.
December 31, 1999- Panama Canal is turned over to Panama.



VOTER REGISTRATION



Now available at your Local Senior Center or in your own home when you receive in-home services from Active Aging, Inc. As part of the "Motor Voter Law" passed in 1993, Area Agencies on Aging are now required to provide an opportunity for you to register to vote. If you need assistance in registering to vote, call us at (814) 336-1792



IT'S YOUR CALL

Confidential help for Veterans and their families

The confidential Veterans Crisis Line, online chat, and text are available, and we are here for you.

• • • Confidential chat at VeteransCrisisLine.net or text to 838255 • • •

REMINDER:

Elder Pennsylvanians deserve honor and respect ... not abuse. Stop Elder Abuse in Crawford County. Call Active Aging, Inc. 336-1792 or 1-800-321-7705

What is PA Link?

Aging and Disability Resource Centers (ADRC) exist nationwide. In Pennsylvania, ADRC is known as the Pennsylvania Link to Aging and Disability Resources, commonly known as the PA Link. It is designed to be a cross-age, cross-system network of local, regional, and state partner agencies that collaborate to help individuals who need home and community based services and supports. This coordinated network of partners allows a consumer to initiate contact with any PA Link partner and access information, assistance, and resources through a “no wrong door” approach, thereby minimizing consumer and provider duplication, reducing confusion, streamlining access, and creating much needed “safety nets”. PA Link partners represent a wide range of local human service and healthcare providers as well as community leaders, civic organizations, state agencies, and other groups such as consumer, advocacy, and faith organizations. PA Link partners strive to help the following populations, regardless of income: adults age 60+, individuals living with any type of disability, persons living with behavioral health or substance abuse issues, Veterans, and the caregivers and family members of these populations. The mission of the PA Link to Aging and Disability Resources is to assemble and strengthen an organized alliance of private and public community agencies to better support consumer wishes and empower them to understand, determine and effectively navigate their long term care service options, regardless of age, ability or income. A toll-free statewide ADRC helpline is operated by trained staff who assist Pennsylvanians looking for information on long-term living services and supports. Hours of operation are Monday through Friday - 8:30am to 5pm (excluding holidays). #1-800-753-8827. If you are interested in becoming a partner to the PA Link, or if you know of an agency that should be approached about becoming a PA Link partner, please contact Kathy Freeman, Lead Link Coordinator for Service Area 1, at information@activeaging.org.

Pennsylvania Link to Aging and Disability Resources

The Pennsylvania Link to Aging and Disability Resources is a program of the Pennsylvania Department of Aging. Commonly referred to as the PA Link, this network of local, state and federal partners works together to provide information on, and improved access to, long-term care services and supports to all Pennsylvanians regardless of age, ability or income. PA Link partners in Crawford County can provide information and support in the following areas:

- Assistive Technology
- Caregiver Support
- Care Transitions
- Disability Services
- Drug and Alcohol Services
- Emergency Contacts
- Employment Services
- Financial Assistance
- Health and Nutrition
- Health Insurance
- Home Modification
- Housing Assistance
- In-Home Services



- Legal Aid
 - Lifespan Respite
 - Medical Services
 - Mental Health Services
 - Nursing Home Transition
 - Options Counseling
 - Protective Services
 - Support Groups
 - Transportation
 - Utilities and Fuel
 - Veterans Services
- The Pennsylvania Link to Aging & Disability Resources Helpline: 1-800-753-8827

The logo for Howard Hanna Real Estate, featuring the name "Howard Hanna" in a bold, serif font inside a rectangular border.

Bainbridge Kaufman
Real Estate
814-724-1100

6 LOCATIONS

Meadville
Conneaut Lake
Cochranston
Jamestown
Greenville
Andover

Specializing in

**Residential
Second Homes
Relocation
Estate Properties
Farms & Vacant Land**

Ready to Buy or Sell?
Licensed in Ohio & PA.
We're Ready to Help Every Step of the Way!

Reminder

**All Active Aging Centers
are available every weekday
as a warm place and a hot meal for any
individual over the age of 60 years.**

Please call your local center to find out about
center closure or any activity cancellations.

Cambridge Springs Center (814) 398-8616
Meadville Center (814) 336-1792 ext. 106
Lakeland Valley Center (814) 683-4959
Open
Fridays Only Canadohta Lake Center (814) 336-1792 ext. 106

Please use your best judgement in traveling during inclement weather.



Free Prescription Deliveries Next Day Within 15 Miles.

- Monday through Saturday next day delivery *
- RxLocal mobile app or website for refill requests
- Welcoming new & existing customers

* Some restrictions may apply.



DON'T WANT TO DRIVE IN THE SNOW? LET US TAKE YOU WHERE YOU NEED TO GO!



CATA IS HERE TO HELP!

Seniors 65+ ride our fixed route services for FREE with a PA Senior Citizen Transit Card. CATA also offers door-to-door services through-out all of Crawford County.

Our buses are fully ADA compliant, clean, and operated by professional and courteous drivers. Seniors can ride from home to their local senior center for \$1.00 each way (if the center schedules) and \$2.00 each way if seniors schedule their own trips. All other trips for medical appointments, shopping, and recreation range between \$2-\$7 one way.

For scheduling, service and more information, call CATA 814-336-5600 or visit www.catabus.org for details.

"Two Time National Award Recipient for Outstanding Public Service"

**214 PINE ST.
MEADVILLE, PA**

CATA services are supported by grants from the PA Lottery, Crawford County Commissioners, and Active Aging



cata

814-336-5600

TOLL FREE:

855-338-5600

www.catabus.org

