

ACTIVE AGING, INC.

ECHO

January 2026
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



Come and test your knowledge at
The Cambridge Springs Active Aging Center
Trivia Host: Hayleigh
January 27th at 10:30AM
Please RSVP so we can make sure there are enough
meals and mystery snack for everyone to enjoy!
COST: \$6.00
INCLUDES LUNCH, MYSTERY SNACK,
and PRIZE FOR WINNER
For more info call: 398-8616

WARNER THEATER



Join Active Aging Meadville Center for
Broadway in Erie at the Warner Theater.

Tuesday, February 17th at 7:30PM

The Music Man follows fast-talking
traveling salesman, Harold Hill as he
cons the people of River City into buying
instruments for a boys' band.

\$75

CATA Bus Available for those 65+

or

\$69

without CATA Transportation

**Reservation & monies due
Friday, January 23rd by 1pm**
limited tickets - sign-up early

Call Patty/Ashley to Sign-up

814-336-1792 ext. 106

1034 Park Ave Meadville



Crawford County's Designated Area Agency on Aging PURPOSE



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



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.



From the Director's Desk January 2026

Happy New Year! 2026 is here, whether you're ready or not. Hopefully, you can look back on the past year with gratitude for all the blessings, lessons, and experiences you've had, knowing they prepared you to handle whatever 2026 brings. I believe I can, and I know I will. I suspect you will, too. I've never been a big fan of New Year's Resolutions, so I don't have any immediate plans to make any. Not that a few changes wouldn't be helpful, but I need a different level of motivation than the calendar can give. 2026 looks like it will be a busy year. Both Luke and Tucker are getting married—Tucker in September and Luke in November. That leaves me some time to figure out what my responsibilities and obligations are. Which is good, because I have no idea!

As we head into the coldest and darkest days of winter, please keep your actively aging neighbors in mind. When the weather turns cold, many of us settle in with extra blankets, warm drinks, and maybe a good show to binge. But for some of our older adult neighbors, winter can be a tougher season—snow-covered steps, icy sidewalks, shorter days, and long stretches of quiet can make it harder to get out, run errands, or stay connected. That's why this time of year is perfect for a simple kindness: checking in. It doesn't have to be anything big. A quick knock on the door, a short phone call, or a friendly wave through the window can make a real difference. You might offer to bring in mail, pick up groceries, or clear a path after a snowfall. Even a few minutes of conversation can brighten someone's day more than you'd imagine. Feel free to remind them that our Active Aging Centers in Linesville, Cambridge Springs, Meadville, Canadohta Lake, and the Titusville Senior Center are great places for older adults to connect and stay active, and CATA transportation is available for each location.

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 Lincolnvile
(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 aaainc@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

January

***Walk With Ease (WWE): 6-week walking program, Monday, Wednesday & Thursday from 9-10AM at the Meadville Mall led by Ashley. This is a group exercise program from the Arthritis Foundation that improves flexibility, strength & stamina. Secure your spot soon as space is limited. Call to sign-up.**

- 1/1Center Closed – Happy New Year!
- 1/5A donated lottery tree will be raffled off with the drawing on 1/26. Tickets on sale now. Proceeds benefit Meadville Center.
- 1/97-9PM ‘Happy 2026’ Dance with DJ Brian Silvis. Pay at the door, \$5 per person; BYOB and BYOSnacks.
- 1/12Walk with Ease* begins and will continue each Monday, Wednesday and Thursday through February 19th.
- 1/132:30PM Snowshoeing/Cross Country Skiing with Ashley at Stainbrook Park, Saegertown. Call to sign-up.
- 1/16Sign-ups with payment due by 1/16 for the 1PM Erie Yahn Planetarium Trip Thursday, 1/29: \$15 per person includes CATA price of \$6 for 65 or older. Leaving Meadville Center at 1PM.
- 1/19Center Closed. All Activities Cancelled. WWE rescheduled for Tuesday, 1/20. Same time, Same Place.
- 1/23Monies/Reservations due (\$75 – show ticket with CATA transportation; \$69 – show ticket only) for trip to Warner Theater in Erie to see The Music Man on Tuesday, 2/17 at 7:30PM. See flyer.
- 1/26Tami Boylan, Centers Director, discussing Center funding. Open for Q & A.
- 1/291PM Erie Yahn Planetarium Trip: Center closes at 1PM. See flyer.
- 1/30Valentine’s Luncheon Reservations/monies (\$10) due. Menu: Stuffed Chicken Breast, Baked Potato with Butter & Sour Cream, Country Green Beans, Dinner Roll, Shrimp Cocktail and Cherry Cheesecake for dessert.

FEBRUARY 2026 SAVE THE DATE(S):
Afternoon Movie at the Center - stay tuned for more information!
• Valentine’s Day Luncheon Thursday, 2/12.
• Warner Theater, Erie presents Music Man 7:30PM, Tuesday, 2/17.

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

1/19 Center Closed

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

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, 1/1 Happy New Year! & Center Closes at 1p on 1/29

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. On Tuesdays, 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

January

- 1/1Center is Closed
- 1/610:15AM Book Club Discussion
- 1/810:30AM Misfit Theme Day Activity
- 1/1310:10AM CS 1st Grade Class Pen Pal Day
- 1/1510:30AM Painting Demo by Diane
- 1/168:00AM-1:00PM Book/Puzzle Sale Drop Off
- 1/19Center is Closed
- 1/208:00AM-3:00PM First day of puzzle/book sale
- 1/218:00AM-3:00PM Puzzle & Book Sale
- 1/228:00AM-2:00PM Last day of puzzle/book sale
- 1/2710:30AM Trivia Day with Hayleigh. Please RSVP.
- Tuesday:9:00 AM HSIM Exercise Class
- 10:00AM Chair Yoga
- 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

January

- EACH FRIDAY 9:00-9:30AM WILL DO LIGHT CHAIR EXERCISES (HEALTHY STEPS)**
- 1/2Happy New Year Games!
- 1/9Viewing Historical Speaker Series on YouTube, Lake Canadohta Historical Society Page
- 1/1610AM Internal Auction; donations of new or slightly used items (knick-knacks, food, clothing, books, puzzles etc.)
All proceeds benefit the Canadohta Center.
- 1/2312:10PM Elizabeth Van Cise – local historical fiction author of Forever Free presents the history of Pithole & The Oil Industry
- 1/30Jaime Hughes will present.
- 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

January HAPPENINGS

- 1/812PM LUNCH ‘N LEARN (Pymatuning State Park)
- 1/9Sub/Wrap Sale (Italian or Ham)
- 1/12 –1/16Soup and Baked Good sale
- 1/1512PM LUNCH ‘N LEARN: CCDAEC Christine Rodgers
- 1/19CENTER CLOSED
- 1/281950’s Ice Cream Social (\$6 per person)
- 1/309AM-2PM Sub/Wrap Pick up day
- Weekly Activities at The Bair Family Center
- Monday:8:30-9:30AM Exercise Video (\$1.00) Cardio Workout
- 9:00AM-2:30PM Quilting/Sewing/Needlework (\$1.00) Fee waived if working on items for the Bair Family Center)
- Tuesday: 8:30-9:30AM Exercise Video (\$1.00) Cardio Workout
- 9:30-10:30AM Tai Chi (\$1.00) - strength, balance, coordination
- 9:30-10:30AM Living the Journey-open discussion for those who have experienced loss
- 10:30-11:30AM Healthy Steps in Motion (\$1.00)-falls prevention, strength, balance
- 12:00-2:30PM Adult Art Adventure (\$2.00)
- 12:15-2:30PM 500 Card Party (\$2.00)
- Wednesday: 8:30-9:30AM Exercise Video (\$1.00) Cardio Workout
- 9:00-2:30PM Quilting/Sewing/Needlework (\$1.00) Fee waived if working on items for the Bair Family Center)
- Thursday: 9:30-11:30AM BINGO (\$1.25 to play plus \$.05 per card per game)
- Friday: 8:30-9:30AM Exercise Video (\$1.00) Cardio Workout
- 10:30-11:30AM Healthy Steps in Motion (\$1.00) - falls prevention/strength& balance
- 12:15-2:30PM Euchre Card Party (\$2.00)
- 12:30p-1:30PM Sign Language Class (3rd Friday of every month)
- Every Monday-Friday: Coffee/Tea/Socialization Books/Reading/Games/Puzzles
- Walking Track (\$1.00) Gym-exercise machines (\$1.00) Lunch (\$3.00 donation/order 2 days in advance)

Volunteers Needed

Do You like helping others?
Do You have extra Time?
Do You like to volunteer?

If you answered yes to any of these questions then you should call today to become a Volunteer at Active Aging!

Active Aging, Inc. offers a program run by staff and volunteers to help individuals navigate through Medicare and other assistant programs.

Medicare Counselor Volunteers receive free training to help individuals complete:



- Property Tax/Rent Rebate
- Counseling New Members to Medicare & Inform of Different Parts of Medicare
- LIHEAP Applications
- Medicare Savings Program & Low Income Subsidy

A background in insurance is helpful but not necessary.

Active Aging, Inc.

1034 Park Avenue, Meadville, PA 16335

Contact: Krista Wiltout at 814-336-1792 ext. 174



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
Shelby Christian at 814-336-1792 ext 165

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.

Stacy Comptaron, Carolyn Kreider, Dave Mattocks,
Nancy Baker, Jean Beuchat, Joan Sterling, Greta Titus

Your donations are appreciated
Thank you for supporting the older adults of Crawford County!

The Epiphany of the Lord Parish in Meadville is conducting a free series of informal listening sessions, titled "CATHOLICS RETURNING HOME," on six consecutive Tuesday evenings beginning Jan. 14, 2026 at 6:30 p.m. at St. Agatha church office, 353 Pine St., Meadville. The series is an invitation to Catholics who have been away to renew their relationship with the Catholic Church. These listening sessions will be conducted in a support-group format, with updates on the Catholic faith. Former returned Catholics or converts will facilitate the evenings. Everyone is welcome. FOR MORE DETAILS, CALL 814-336-1112.

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



Sub and Wrap Sale

January 30th

Italian

8 in. Sub or wrap with, salami, Ham, pepperoni, and American cheese

Lettuce, Tomato, Onion, mayo and Italian dressing packets

Ham and Bacon

8 in. sub or wrap with, Ham, Bacon and American cheese

Lettuce, Tomato, Onion, and Mayo packet

\$5.00

Orders and Money needed by January 23rd

Call 814-683-4959 or stop in to order
The Active Aging Bair Family Center
237 South Pymatuning Street
Linesville, Pa 16424

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

BINGO

Every Wednesday

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

Admission 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. BNG25026 Small Games of Chance License No. 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		

36th Annual 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

Book/Puzzle Sale
Cambridge Active Aging
156 Venango Ave.

Books/Puzzles can be dropped to donate to sale on:
January 16th 8AM-1:00PM
January 20th-21st
8am-3pm
Last Day January 22nd: 8am-2PM
 For more information please call:
814-398-8616
156 Venango Ave Cambridge Springs PA 16403

Valentine's Day Celebration

Thursday, February 12th
 Dine In at 12pm

Reservations & Monies (\$10)
 due Friday, 1/30

*Shrimp Cocktail, Stuffed Chicken Breast,
 Baked Potato w/ butter & sour cream,
 Country Green Beans, Dinner Roll and
 Cheesecake w/ cherry topping for dessert.*

Meadville Center
 Patty/Ashley 814.336.1792 ext. 106
 1034 Park Ave. Meadville

Valentine's Day Dinner

Thursday, February 12th
11:30 AM

Reservations Requested By:
January 30th

**Stuffed Chicken Breast, Baked Potato,
 Country Green Beans, Dinner Roll, Shrimp
 Cocktail & Cherry Cheesecake**

\$9.00 on/before January 30th
\$10.00 after reservation due date

JANUARY 2026

**Crawford County
Active Aging**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 *menu subject to change based on availability				
5 3oz Pot Roast w/ 2oz Gravy 1/2c Mashed Potatoes 1/2c Coin Carrots 1 Italian Bread 1/2c Cinnamon Apples	6 Stadium Hot Dog w/ 1oz Chili 1/2c Roasted Sweet Potatoes 1/2c Peas 1 Hot Dog Roll 1/2c Pineapple & Mandarin Oranges	7 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	8 3oz Open Faced Turkey Sandwich w/ 2oz Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Corn White Bread Fresh Fruit	9 Grilled Chicken Salad (2oz Grilled Chicken, 1oz Cheese) 1c Lettuce, 2oz Tomato 1c Broccoli Soup Breadstick 1/2c Fruited Gelatin
12 1c Winter Beef Stew 1/2c Green Beans 1 Cornbread 1/2c Apple Crisp	13 Fish Sandwich w/ Tartar Sauce 1/2c Coleslaw 1/2c Lemon Pepper Broccoli 1/2c Blushed Fruit Hamburger Bun	14 3oz Roast Beef w/ 2oz Gravy 1/2c Mashed Potatoes 1/2c Carrots Whole Wheat Bread Cookie	JANUARY BIRTHDAYS 15 Turkey w/ Provolone (2oz Turkey, 1slice Provolone) Lettuce & Tomato 1c Corn Chowder Birthday Cake Hamburger Bun	16 Swedish Meatballs (4) 1/2c Buttered Pasta 1/2c Green Peas 1 Breadstick 1/2c Peaches
19 CENTERS CLOSED	20 Cheese Omelet 1 Sausage Patty 1/2c Breakfast Potatoes 1 English Muffin w/ Jelly 4oz Orange Juice	21 Chicken Paprikash w/ Creamy Tomato Sauce 1/2c White Rice 1/2c Roasted Brussel Sprouts Whole Wheat Bread Apple Cake	22 Smokey BBQ Bacon Burger Cheddar Cheese, BBQ, Bacon 1c Cauliflower Soup w/ Crackers Sandwich Roll Fresh Fruit	23 3oz Meatloaf with 2oz Gravy 1/2 Baked Potato 1/2c Carrots Whole Wheat Bread Fresh Fruit
26 4oz Sloppy Joe 1/2c Country Greens 1/2c Sweet Potato Bites Hamburger Bun Oatmeal Cream Pie	27 Stuffed Pepper w/ Sauce 1/2c Garlic Mashed Potatoes 1/2c Carrots White Bread Pudding	28 Cheeseburger Coleslaw Tater Tots Baked Cookie Hamburger Bun	29 3oz Kielbasa with 1oz Kraut 1/2c Haluski 1/2c California Blend Vegetables 1/2c Applesauce Hot Dog Bun	30 Turkey Chef Salad (2oz Turkey, 1oz Cheddar, over 1c Mixed Greens w/ Tomato) 1c Vegetable Soup 1 Whole Wheat Bread Cookie

“Soon I’ll be turning **65**, what should I do about **Medicare?**”



SHAFFER
FINANCIAL SERVICES

Mary T. Shaffer Medicare Specialist
Shaffer Financial Services
 10744 State Hwy 18 Conneaut Lake, PA
www.shafferfinancial.com **814-382-8686**

**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



Benefits Older Pennsylvanians. Every Day.



814-336-5600

TOLL FREE:

855-338-5600

www.catabus.org



MALT SHOP
ICE CREAM SOCIAL!

Step back into the 1950's
 Date: January 28th
 Time: 10:00 AM
 \$6.00 per person (lunch included)
 Location: The Active Aging Bair Family Center
 237 South Pymtuning St. Linesville Pa, 16424
 814-683-4959

Come dressed to impress — 1950's style!
 Poodle skirts • Leather jackets • Ponytails & Pompadours
 Get ready for morning full of retro fun!
 ✦ Hula Hoop Contest
 ✦ Dance-Off
 ✦ 50's Themed SINGO!

Grab a seat, you cool cats!

Join us for sweet treats, classic tunes, and good old-fashioned fun!
 Enjoy ice cream straight from the soda fountain.

Be there or be square!

Milkshakes
 Sundae's.....
 Float's




Meadville Center's Trip

Yahn Planetarium

Come enjoy the show **FORWARD to the Moon** - at Penn State Behrend's Yahn Planetarium. The show explains the upcoming lunar Artemis II launch in February 2026 - the first crew to the moon in 50 years!

Thursday, 1/29/26
 Show at 2pm followed by Exhibits and Q&A with Planetarium Director Jim Gavio

\$15
 Reservations with payment due 1/16/2026

CATA available for those 65+
 Leaving the Center at 1pm

Join us for lunch preceding the trip for an additional \$3 donation. A Haluski & Kielbasa with Sauerkraut lunch served at noon.

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

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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.



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180 North Franklin Street
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mmchs.org/pharmacy

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 January 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 January 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



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.



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.



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 January be eligible to make a change to their current coverage. Below is a list of examples for when a person January 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.

Soup & Baked Goods Sale

Bair Family Center – Active Aging

Cozy up this winter with homemade soups and fresh baked treats made with love!



Sale Date: January 12th–16th

Time: Monday-Friday 9am-2pm

Location: The Active Aging Bair Family Center
237 South Pymatuning St. Linesville, pa 16424

Soup: \$8 per quart

(Hearty, homemade, and perfect for chilly days.)

Baked Goods: Prices vary based on item

(Cookies, breads, cakes, and more!)



Take the Worry out of Winter

Spend Winter at Wesbury

Winter brings on loneliness, challenges with getting out and household tasks.

Consider a stay at Cribbs Residential Center. Enjoy a warm environment, friendly neighbors and meaningful activities. Meals, housekeeping, laundry and transportation to shopping are included. Gone are the worries about trudging through the snow to get the mail or take out the garbage.

Simply bring your suitcase; we will even furnish the apartment.

Come for the winter or come to stay. For more information, call 814-332-9009 or visit our web site at www.wesbury.com.



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814-332-9009 • www.wesbury.com




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TUESDAY, 1/13 2:30PM
(BACK-UP WEATHER DATE TUESDAY, 1/20)


To sign up call:
Patty/Ashley 814-336-1792 ext.106
1034 Park Ave. Meadville





PAWS

Pets Assistance & Wellness for Seniors




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 January 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 January

January 3, 1977 - Apple Computer, Inc incorporates
January 4, 1865 - The New York Stock Exchange opens its first permanent headquarters at 10-12 Broad near Wall Street in New York City.
January 5, 1949 - US President Harry Truman labels his administration the "Fair Deal"
January 8, 1835- The United States national debt is 0 for the first and only time.
January 9, 2007 - Apple Inc CEO Steve Jobs announces the iPhone
January 10, 1776- "Common Sense" Pamphlet by Thomas Paine, published advocating American independence
January 11, 1922 -Insulin first used on humans to treat diabetes, on Leonard Thompson, 14, of Canada
January 12, 2010 -Earthquake occurs in Haiti killing approximately 160,000 and destroying the majority of the capital Port-au-Prince
January 13, 1906- Telimco makes the 1st ever advertisement for a radio set, by advertising a \$7.50 set in the "Scientific American" which claimed to receive signals for up to one mile
January 14, 1784- US Revolutionary War ends with the US Congress of the Confederation ratifying the Treaty of Paris
January 16, 1920- 1st assembly of the League of Nations is held in Paris
January 17, 1991- Operation Desert Storm begins, with US-led coalition forces bombing Iraq, during the Gulf War
January 20, 2009 -Barack Obama, inaugurated as the 44th President of the United States of America, becomes the United States' first African-American president
January 22, 1973- Roe vs Wade: US Supreme Court legalizes most abortions
January 23, 1978- Sweden becomes the first nation in the world to ban aerosol sprays, believed to be damaging to earth's ozone layer.
January 24, 1899-Rubber heel for boots or shoes patented by American Humphrey O'Sullivan
January 27, 1973- US & North Vietnam's William Rogers & Nguyen Duy Trinh sign cease-fire, ending longest US war and military draft
January 29, 1896- Emile Grubbe is the first doctor to use radiation treatment for breast cancer



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.



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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



Link
TO AGING AND DISABILITY RESOURCES

- 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

Special Friday Night
\$ BIG MONEY BINGO \$

Friday, April 10, 2026
Doors Open at 4:00 PM Games Begin at 6:30 PM

\$8,000 in BINGO PAYOUTS!

\$50 on Singles
Big Money Games:
5 - \$1,000 and 5 - \$500

Tickets in Advanced are \$50/Person Must Be Purchased by 4 PM on April 9th
If the Game is not Sold Out Tickets will be \$60 at the Door
Admission Includes Up to 18 Card Faces


Tickets On Sale January 2nd!
Available anytime online at activeaging.org
or Monday through Friday 9:00AM - 4:00PM at the Office

Extra Books will be Available at \$5 Per Book

Reserved Seats Noted on the Ticket Stub & Available Upon Request at the Time of Purchase
Reservation Requests must be made no later then April 3, 2026
No gift certificates, coupons or other specials or discounts may be used for this special bingo.

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. BNG25026 Small Games of Chance License No. SGC25112





Misfit Day

A day where everything is anything but
ordinary!

Join us in celebrating misfit theme day by
dressing in mismatched clothing, odd colors
that might not typically go together, or by
wearing different types of patterns...anything
you can think of to stand out!

We will play a game and have snacks!

January 8th at 10:30AM

The Cambridge Active Aging Center

Please RSVP so we can be sure there
are enough snacks & lunch

Call: 814-398-8616



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- Fitness Center
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