



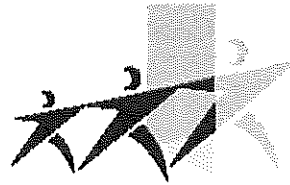
This project is funded, in part, by the Westmoreland County Area Agency on Aging; the Westmoreland County Board of Commissioners, the PA Department of Aging and the U.S. Administration on Aging. LVSCC is an equal opportunity provider & employer.

Laurel Valley Senior Citizens Corp.  
216 Ligonier Street, P O Box 366  
New Florence, Pa 15944  
Caroline D'Aurora, President  
Rocky Jo Yeager, Director  
Ph: 724 235 9303 Fax:724 235 9821  
TDD/TTY Phone Number: 711

Volume 11

WESTMORELAND COUNTY  
AREA AGENCY ON AGING

SENIOR CENTERS



CENTERS FOR  
ACTIVE ADULTS

WESTMORELAND COUNTY  
AREA AGENCY ON AGING

THE LATEST NEWS FROM THE LAUREL VALLEY CENTERS FOR ACTIVE ADULTS  
NOVEMBER, 2019

## IN EVERYTHING GIVE THANKS

For all that God in mercy sends -  
For health and children, home and friends;  
For comfort in the time of need,  
For every kindly word and deed,  
For happy talks and holy thoughts;  
For guidance in our daily walk -  
In everything give thanks!

For beauty in this world of ours,  
For verdant grass and lovely flowers,  
For song of birds, for horn of bees,  
For the refreshing summer breeze,  
For hill and plain, for streams and wood,  
For the great ocean's mighty flood -  
In everything give thanks!

For the sweet sleep which comes with night,  
For the returning morning's light,  
For the bright sun that shines on high,  
For the stars glittering in the sky -  
For these and everything we see,  
O Lord our hearts we lift to thee;  
In everything give thanks!

Author Unknown

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NEW FLORENCE, PA  
15944



# insider

## IN THIS ISSUE

- Word Search
- Direct from the Director's Desk
- After Thanksgiving Casserole Recipe
- Lunch Menu

Crabby Road

11-20-09



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## CENTER HOURS

New Alexandria 8-3:30  
New Florence 8-3:30  
Valley 8-3:30  
Monday-Friday



### IMPORTANT DATES IN HISTORY

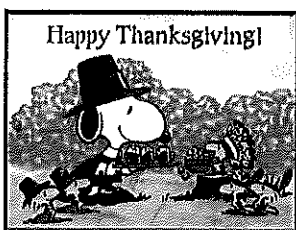
Sunday, November 3rd  
Daylight Saving Time Ends  
Turn clocks back 1 hour



Monday, November 11th  
Veterans' Day  
CENTERS CLOSED



Thursday, November 28th  
Thanksgiving Day  
CENTERS CLOSED



## AFTER THANKSGIVING CASSEROLE

### Ingredients:

- 1/2 cup butter
- 2 cups turkey gravy
- 1 cup chopped celery
- 1/4 cup minced onion
- 8 ounce stuffing cubes
- 1 can (15 ounce) cream style corn
- 3 cups mashed potatoes
- 1 cup chicken broth
- 2 cups chopped, cooked turkey
- 1/2 cup shredded cheddar cheese

### Directions:

Preheat oven to 350 degrees  
Heat butter in oven-proof skillet over medium heat; cook and stir celery and onion in hot butter until softened, about 10 minutes. Add bread cubes and chicken broth; stir to combine.

Mix gravy and turkey together in a bowl; spoon over stuffing mix. Layer corn atop turkey gravy. Spread mashed potatoes over corn layer.

Bake casserole in the preheated oven until heated through, 20 minutes. Sprinkle with cheddar cheese, return to oven. Bake until cheese is melted, about 10 minutes. Enjoy!



What if, today, we were grateful for everything?

Charlie Brown

## FYI

The Rivers Casino Bus Trip will be on Monday, November 25th.  
Cost is \$30.00 cash-with \$25.00 back in slot play.  
Stop in at one of our three centers and reserve your seat before the bus fills up!



### Thanksgiving

S	R	E	L	T	T	E	S	M	E	V	R	A	C	N
T	S	A	E	F	E	D	A	R	A	P	I	E	H	I
U	F	A	M	I	L	Y	N	O	L	O	C	S	S	K
F	T	L	L	A	F	Q	B	C	O	R	N	M	A	P
F	U	R	H	L	N	R	E	D	I	C	O	I	U	M
I	R	T	O	R	O	A	S	T	R	Q	H	R	Q	U
N	K	W	H	Y	S	G	R	A	V	Y	O	G	S	P
G	E	S	N	A	I	D	N	I	R	A	L	L	N	E
R	Y	G	A	D	N	B	A	K	E	M	I	I	O	N
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D	N	A	R	U	A	H	T	U	O	M	Y	L	P	H
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A	E	Z	P	T	T	S	E	V	R	A	H	A	M	I
S	R	E	V	O	T	F	E	L	S	P	O	R	C	W

BAKE  
BREAD  
CARVE  
CIDER  
COLD  
COLONY  
COOK  
CORN  
CRANBERRIES  
CROPS  
DINNER

EAT  
FALL  
FAMILY  
FEAST  
FOOD  
GRANDMAS  
GRAVY  
HAM  
HARVEST  
HOLIDAY  
INDIANS

LEFTOVERS  
MAIZE  
MAYFLOWER  
NAPS  
PARADE  
PIE  
PILGRIMS  
PLYMOUTH  
PUMPKIN  
PURITAN  
ROAST

SETTLERS  
SNOW  
SQUASH  
STUFFING  
THANKFUL  
THURSDAY  
TRAVEL  
TURKEY  
VENISON  
WISHBONE  
YAMS

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<http://www.thepotters.com/puzzles.html>

Direct from our Director

## VETERANS DAY

ON THE 11TH HOUR OF THE 11TH DAY OF THE 11TH MONTH OF 1918, AN ARMISTICE, OR TEMPORARY CESSATION OF HOSTILITIES, WAS DECLARED BETWEEN THE ALLIED NATIONS AND GERMANY IN THE FIRST WORLD WAR, THEN KNOWN AS "THE GREAT WAR." COMMEMORATED AS ARMISTICE DAY BEGINNING THE FOLLOWING YEAR, NOVEMBER 11TH BECAME A LEGAL FEDERAL HOLIDAY IN THE UNITED STATES IN 1938. IN THE AFTERMATH OF WORLD WAR II AND THE KOREAN WAR, ARMISTICE DAY BECAME VETERANS DAY, A HOLIDAY DEDICATED TO AMERICAN VETERANS OF ALL WARS.



PLEASE REMEMBER  
TO SIGN UP FOR  
YOUR MEALS THE  
WEDNESDAY  
BEFORE.

# November 2019

SPECIAL MENU IS  
MONDAY,  
NOVEMBER 25TH

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>MILK IS SERVED ON A DAILY BASIS</i>					1 Teriyaki chicken Parsley potatoes Diced carrots 1 slice wheat bread Apple	2
3 Daylight Saving Time Ends. Turn clocks back one hour.	4 Stuffed cabbage Whipped potatoes Mixed vegetables 1 slice 12 grain bread Oatmeal cookie	5 <b>ELECTION DAY</b> Chicken stew Brown rice Tossed salad 1 slice wheat bread Pineapple tidbits	6 Burger w/cheese Cole slaw Cauliflower soup 1 pk crackers BBQ bun Banana	7 Sliced ham Whipped sweet potatoes Broccoli 1 slice wheat bread Chocolate pudding	8 Meatballs/gravy Cabbage noodles Peas 1 slice rye bread Apple	9
10	11 <b>Veterans' Day Centers Closed</b>	12 Beef patty/gravy Stuffing Whipped potatoes Carrots 1 wheat dinner roll Red gelatin	13 Pork roast/gravy French fries Green beans 1 slice white bread Orange	14 Chicken patty/bun American cheese Scalloped potatoes Broccoli slaw Pineapple tidbits	15 Stuffed pepper Whipped potatoes Mixed vegetables 1 slice wheat bread Sugar cookie	16
17	18 Ham & cheese 2 slices bread Lettuce & tomato Vegetable soup 1 pk crackers Peaches	19 Breaded fish/bun American cheese Mixed vegetables Braised cabbage Diced pears	20 Pot roast w/au jus Redskin potatoes Carrots 1 slice Italian bread Apple	21 Stuffed cabbage Whipped potatoes Peas 1 slice wheat bread Oatmeal cookie	22 Chicken ala king Green beans/onions Rice Biscuit Tangerine	23
24	25 <b>SPECIAL MENU</b> Turkey/gravy, stuffing Whipped potatoes Mixed vegetables Wheat roll Pumpkin pie/topping	26 BBQ pork patty Collard greens Rice 1 slice 12 grain bread Apple	27 Tuna salad 2 slices rye bread Broccoli soup 1 pack crackers Pickled beets Cantaloupe	28 <b>THANKSGIVING CENTERS CLOSED</b>	29 Rotini/meat sauce Tossed salad Italian green beans 1 slice Italian bread Chocolate chip cookie	30

# NEW FLORENCE CENTER FOR ACTIVE ADULTS

216 LIGONIER ST. NEW FLORENCE, PA 15944

Hours of Operation Monday-Friday 8:00 am to 3:30 pm

Phone 724-235-2800

Cheryl Huskey, Center Supervisor

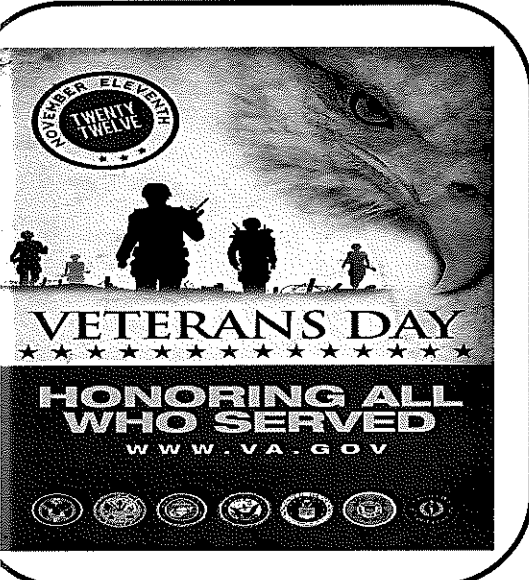


# NOVEMBER 2019

New Florence Center for Active Adults (724) 235-2800

- 8-Cuppa Joe  
Gab Session  
9-Current Events  
12-Lunch  
Trivia, Jolly Time  
Reminisce
- 8-Cuppa Joe  
Gab Session  
9-Current Events  
12-Lunch  
Trivia, Jolly Time  
Reminisce
- 8-Cuppa Joe  
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Reminisce
- 8-Cuppa Joe  
Gab Session  
9-Current Events  
12-Lunch  
Trivia, Jolly Time  
Reminisce

Mon	Tue	Wed	Thu	Fri
				1 SAIL-11:15 Trivia-12 Brain Fit-1
4 SAIL-11:15 Trivia-12 Brain Fit-1	5 +Bingo -10 am Nutrition tips-11:45 Trivia-12	6 SAIL-11:15 Trivia-12 Brain Fit-1	7 Bingo-10 Health Tips-11:45 Trivia-12	8 SAIL-11:15 Trivia-12 Brain Fit-1
11 CLOSED VETERANS DAY	12 Bingo-10am Nutrition Tips-11:45 Trivia-12	13 Bible Study-9:45 SAIL-11:15 Trivia-12 Brain Fit-1	14 Mike Reese Rep- 9:30-12:30 Bingo 10 am Health Tips-11:45 Jack pot bingo-1	15 SAIL-11:15 Trivia-12 Brain Fit-1
18 SAIL-11:15 Trivia-12 Brain Fit-1	19 Bingo-10am Nutrition tips-11:45 Trivia-12 Board Meeting-1	20 SAIL-11:15 Trivia-12 Brain fit-1	21 Bingo-10am Health Tips-11:45 Trivia-12 Birthday Babies-1	22 Group Fit-11 Trivia-12 Brain Fit-1
25 Group Fit-11 Trivia-12 Brain Fit-1 Rivers Casino	26 Bingo-10 Nutrition Tips-11:45 Trivia-12	27 Bible Study-9:45 Group Fit-11 Trivia-12 Brain Fit-1	28 CLOSED THANKSGIVING	29 Group Fit-11 Trivia-12 Brain fit-1



RIVERS  
CASINO  
TRIP  
NOVEMBER 25

- HEALTH and WELLNESS**
- Monday-group fitness
  - Tuesday- Nutrition Topics
  - Wednesday-Group fitness
  - Thursday-Health Tips
  - Friday-Group Fitness



**Progressive  
Jackpot Bingo**  
Thursday  
NOV. 14  
1-3 P.M.

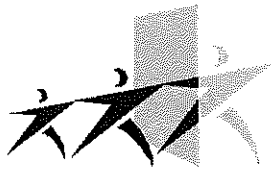
BINGO



- NOV. 11th- CLOSED-VETERANS DAY
- NOV. 14th- Jeff Albert Medicare/pace Applications
- NOV. 13th & 27th- Bible Study 9:45am
- NOV. 14th- Mike Reese Rep. 9:30-12:30pm
- NOV. 14th- Jackpot Bingo 1:00-3:00pm
- NOV. 19th- Advisory board Meeting 1:00pm
- NOV. 28th- CLOSED-THANKSGIVING

# November '19

# New Alexandria Center



**CENTER FOR  
ACTIVE ADULTS**  
NEW ALEXANDRIA

207 W. Main Street  
New Alexandria,  
Pa. 15670

724-668-7055

Hours of Operation

Monday-Friday

8 am—3:30 pm

## Tai Chi for Arthritis



Wednesday's  
at 1pm.

This hour-long program  
will last until  
December 18th.

Tai Chi is found to be  
one of the most effective  
exercises for pre-  
venting falls. Tai Chi for  
Arthritis helps people  
with arthritis to improve  
all muscular strength,  
flexibility, balance,  
stamina, and more. It  
may also decrease pain  
and create relaxation.

Call the Center at  
724-668-7055 for more

Monday	Tuesday
Special/Newer Programs are in bold font. Programs marked with an <b>**ASTRICKS</b> require pre-registration**	<b>Available Daily</b> Coffee Time, Gab Fest, Puzzles, TV Game Show Time and Volunteering  *Walk-A-Mile will be held* outside weather permitting
<b>4 National Orange Day</b>	<b>5 Election Day</b>
9-Walk-a-Mile 10-Color My World 11-ViaQuest Health Check 12- Lunch** 1-Progress Jackpot BINGO Open to the Public	<b>CLOSED</b>  <b>Exercise your right to vote!</b>  <b>Get to your local polls.</b>
<b>11 Veteran's Day</b>	<b>12</b>
<b>CLOSED</b>  <b>Happy Veteran's Day</b>	9-Indoor Bowling 10-Checkers or Chest 11-Health & Wellness 12- Lunch** 1-Cardio with Linda 2-Ladder Ball
<b>18</b>	<b>19 National Monopoly Day</b>
9-Walk-a-Mile 10-Color My World 11-Health & Wellness 12- Lunch** 1-Progress Jackpot BINGO Open to the Public	10- Learn Something New Play Monopoly Today 11-Health & Wellness 12- Lunch** 1-Cardio with Linda 2-Ladder Ball
<b>25</b>	<b>26 National Cake Day</b>
9-Walk-a-Mile 10-Color My World 11-Thanksgiving Trivia 12- Lunch** 1-Progress Jackpot BINGO Open to the Public	9-Indoor Bowling 10-Checkers or Chest 11-Health & Wellness 12- Lunch** 1-Cardio with Linda 2-Ladder Ball

Wednesday	Thursday	Friday
<b>PLEASE WATCH WTAE CHANNEL 4 FOR WEATHER RELATED CLOSURES</b>	<b>Daylight Savings Time Starts 11/3/19 Don't forget to fall back one hours.</b>	<b>1 All Saints Day</b> 10-Walk-a-Mile 11-Family Feud 12- Lunch** 12:30 Card Club 1-Health & Wellness 2-Wii Games
<b>6</b>	<b>7</b>	<b>8</b>
10-Tabletop Shuffleboard 11-Bible Study with Bryan & Rose 12- Lunch** <b>1-Tai Ch for Arthritis</b> 2-Corn Hole	9-Scrabble or Boggle 10- 10 Cent Bingo 11-Prize Bingo w/Heritage 12- Lunch** 1-Cardio with Linda 2-Indoor Bowling	10-Walk-a-Mile 11-Dominos OR Wii Games 12- Lunch** 12:30 Card Club 1-Health & Wellness 2-Wii Games
<b>13 World Kindness Day</b>	<b>14 National Pickle Day</b>	<b>15</b>
10-Tabletop Shuffleboard 11-Bible Study with Bryan & Rose 12- Lunch** <b>1-Tai Ch for Arthritis</b> 2-Corn Hole	9-Scrabble or Boggle 10- 10 Cent Bingo 11-Prize Bingo w/Grane 12- Lunch** 1-Cardio with Linda 2-Indoor Bowling	10-Walk-a-Mile 11-WordSmithery 12- Lunch** 12:30 Card Club 1-Health & Wellness 2-Wii Games
<b>20</b>	<b>21 World Television Day</b>	<b>22</b>
10-Tabletop Shuffleboard 11-Bible Study with Bryan & Rose 12- Lunch** <b>1-Tai Ch for Arthritis</b> 2-Corn Hole	10-Scrabble or Boggle 11-Member Made Prize Bingo 12- Lunch** 11-Monthly Birthday Celebration-Cake/Punch 1-Cardio with Linda	10-Walk-a-Mile 11-Pictionary 12- Lunch** 12:30 Card Club 1-Health & Wellness 2-Wii Games
<b>27</b>	<b>28 Thanksgiving</b>	<b>29 Black Friday</b>
10-Tabletop Shuffleboard 11-Bible Study with Bryan & Rose 12- Lunch** <b>1-Tai Ch for Arthritis</b> 2-Corn Hole	<b>CLOSED</b>  <b>HAPPY THANKSGIVING</b>	10-Walk-a-Mile 11-Guesstures 12- Lunch** 12:30 Card Club 1-Health & Wellness 2-Wii Games

**VALLEY CENTER FCOR ACTIVE ADULTS  
WEEKLY EVENTS CALENDAR—NOVEMBER, 2019**

Mon	Tue	Wed	Thu	Fri	
				1 8:30-Puzzles 9-Shuffleboard 9:30—Uke Class 11—Movement & Meditation 11:30-Weekly News Review Gab Fest, Trivia, Daily Laugh Noon-Lunch 1—Friday Afternoon at the Movies ** 1-Cornhole Game	
4 8:30-Puzzles 10-Sr. Fitness 10:30—Tai Chi Class 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 12:30—Massage Therapy (by appt) 1-Brain Games 1-Billardards 2-Cornhole Game	5 8:30-Puzzles 9—Cornhole Game 10-Mah Jong 11:45-Nutrition, Gab Fest, Trivia, Daily Laugh Noon-Lunch 12:30—Blood Pressure Check 1-Chair Yoga (GAW) 1—Cornhole Game	6 8:30-Puzzles 9:30-Uke Practice 10-Card Club 11—Meditation Class 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 1—Bingo	7 8:30-Puzzles 9—Bible Study 10-Sr. Fitness 11:45-Gab Fest, Trivia, Daily Laugh, To Your Health Noon-Lunch 1-Chair Yoga (GAW) 1-Card Club 1—Mexican Train Game	8 8:30-Puzzles 9-Shuffleboard 11—Movement & Meditation 11:30-Weekly News Review 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch	<b>HOLIDAY LUNCHEON</b>  <b>December 14th, Ligonier Country Club</b>  Tickets available at the Center
11 <b>VETERANS DAY CENTER CLOSED</b>	12 8:30-Puzzles 9—Cornhole Game 10-Mah Jong 11-Presentation-Caption Call 11:45-Nutrition, Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-Chair Yoga (GAW) 1—Cornhole Game	13 8:30-Puzzles 9:30-Uke Practice 11—Meditation Class 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 1—Bingo	14 8:30-Puzzles 9—Bible Study 10-Sr. Fitness 11:45-Gab Fest, Trivia, Daily Laugh, To Your Health Noon-Lunch, 1 Advisory Board 1-Chair Yoga (GAW) 1-Card Club 1—Mexican Train Game 1—Kim Shaffer—State Issues	15 8:30-Puzzles 9-Shuffleboard 9:30—Uke Class 11—Movement & Meditation 11:30-Weekly News Review 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 1—Open Mic	Movies  ** - The Freshman + - Holiday Inn
18 8:30-Puzzles 10-Sr. Fitness 9:30—4 hour Safe Driver Refresher Class 10:30-Tai Chi Class 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 12:30—Massage Therapy (by appt.) 1-Brain Games 2-Cornhole Game	19 8:30-Puzzles 9—Cornhole Game 10-Mah Jong 11:45-Nutrition, Gab Fest, Trivia, Daily Laugh Noon-Lunch 12:30—Blood Pressure Check 1-Chair Yoga (GAW) 1—Cornhole Game	20 8:30-Puzzles 9:30-Uke Practice 11—Meditation Class 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 1—Bingo	21 8:30-Puzzles 9—Bible Study 10-Sr. Fitness 11:45-Gab Fest, Trivia, Daily Laugh., To Your Health, Birthday Celebration Noon-Lunch 1-Chair Yoga (GAW) 1-Card Club 1—Mexican Train Game	22 8:30-Puzzles 9-Shuffleboard 11—Movement & Meditation 11:30-Weekly News Review 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch	Gift Wrapping Friday, December 20 from 10-2 pm and Monday December 23 10-2 pm.
25 8:30-Puzzles 10-Sr. Fitness 10:30-Tai Chi Class 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-Brain Games 1-Billardards 2-Cornhole Game	26 8:30-Puzzles 9-Cornhole game 10-Mah Jong 11:45-Nutrition, Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-Chair Yoga (GAW) 1—Cornhole Game	27 8:30-Puzzles 9:30-Uke Practice 11—Meditation Class 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 1—Bingo	28 <b>THANKSGIVING CENTER CLOSED</b>	29 8:30-Puzzles 9-Shuffleboard 11—Movement & Meditation 11:30-Weekly News Review 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 1—Friday Afternoon at the Movies +	<b>HAVE A JOKE, PLAY THE PIANO, SHARE YOUR TALNTS AT "OPEN MIC"— FRIDAY, NOVEMBER 15th AT 1:00</b>