



TITUSVILLE Senior Center

AUGUST

Located in the Titusville Community
Center at Burgess Park

Address: 714 E. Main Street,
Titusville, PA 16354

Phone: (814) 827-9134

E-Mail: goseniors@zoominternet.net

Website: www.goseniors.org

What's happening

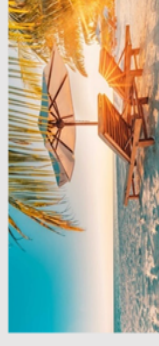
8/3	12:45 PM	Pinochle Party
8/4	10:30 AM	Healthy Steps in Motion
8/5	12:45 PM	Bingo
8/6	10:30 AM	Healthy Steps in Motion
	4 till 7 PM	OPEN HOUSE
8/7	9:00 AM	Breakfast
	10:00 AM	SINGO-Bingo with Home Instead
8/10	12:45 PM	Pinochle Party
8/11	10:30 AM	Healthy Steps in Motion
8/12	12:45 PM	Lollipop Bingo
8/13	10:30 AM	Healthy Steps in Motion
	10 till 1 PM	Adagio Pop-Up Market
8/14	11:00 AM	TASCC Summer Picnic
8/17	12:45 PM	Pinochle Party
8/18	10:30 AM	Healthy Steps in Motion
8/19	12:45 PM	Bingo
8/20	10:30 AM	Healthy Steps in Motion
	10 till 1 PM	Adagio Pop-Up Market
8/21	11:00 AM	Blood Pressure Screenings
	12:00 PM	Birthday Luncheon
	12:45 PM	Senior Council
8/24	12:45 PM	Pinochle Party
	1:00 PM	Dementia & Alzheimer Support Group with Hospice of Crawford County
8/25	10:00 AM	Crawford County Fair Trip
8/26	12:45 PM	Speed Bingo - We go FAST!
8/27	10:30 AM	Healthy Steps in Motion
8/28	9:00 AM	Community Coffee with Doug, Veterans Services Specialist
8/31	12:45 PM	Pinochle Party
9/1	10:30 AM	Healthy Steps in Motion
9/2	12:45 PM	Bingo
9/3	10:30 AM	Healthy Steps in Motion
9/4	9:00 AM	Breakfast



The mission of the Titusville Area Senior Citizens Corporation is to assure that older adults, remain active, independent, healthy and involved in the community.

August

Monday	Tuesday	Wednesday	Thursday	Friday
3 Potato Crusted Pollock w/ 1 Tbsp. Corn & Red Pepper Relish 1/2c Macaroni & Cheese 1/2c Stewed Tomatoes 1 Wheat Bread Orange NEW ITEM	4 Penne Pasta & Meatballs (4) 1/2c Pasta w/ Marinara 1c Tossed Salad w/ Tomato 1/2c Applesauce 1 Garlic Herb Breadstick	5 Chicken Philly Sandwich 1/2c Tater Tots 1/2c Homestyle Coleslaw Hot Dog Bun 1 Cookie	6 Pot Roast w/gravy 1/2c Potatoes 1/2c Carrots 1 White Bread 1/2c Diced Peaches	7 Southwest Taco Salad (3oz Taco Meat, .5oz Cheddar, Lettuce, Tomato, Salsa) Tortilla Chips 1/2c Seasoned Sweet Corn 1/2c Sweet Pineapple Tidbits
10 1c Tortellini with Creamy Meat Sauce 1/2c Garlic Green Beans 1/2c California Blend Vegetables 1 Garlic Herb Breadstick 1/2c Diced Peaches NEW ITEM	11 4oz Diced Chicken w/gravy 1/2c Steamed Rice 1/2c Broccoli 1 Wheat Bread Orange	12 Stuffed Pepper Casserole 1/2c Garlic Whipped Potatoes 1/2c Seasoned Carrots 1 White Bread Apple	13 Chicken, Spinach & Cranberry Salad w/ Dressing 1c. Mixed Greens & Spinach 1/2c 3 Bean Salad 1 Dinner Roll 1/2c Pudding	14 BBQ Pork Ribette 1/2c Buttered Pasta 1/2c Brussel Sprouts 1 Sandwich Roll 1/2c Pineapple Delight
17 1c Homemade Chili with Cheese 1 Baked Potato 1c Garden Salad with Dressing 1 Sweet Cornbread	18 3oz Swiss Steak w/ 2oz Gravy 1/2c Cabbage & Noodles 1/2c Seasoned Green Beans 1 Wheat Bread 1/2c Pineapple Tidbits	19 3oz Pork Loin w/ 2oz Creamy Mushroom Sauce 1/2c Steamed Brown Rice 1/2c Broccoli Orange	20 Breaded Dill Chicken Sandwich w/ Lettuce and Tomato 1/2c Roasted Potatoes 1/2c Coleslaw Apple Bun /Ranch PC NEW ITEM	21 3oz Baked Meatloaf w/ 2oz Onion Gravy 1/2c Whipped Potatoes 1/2c Sliced Carrots 1 Wheat Bread Banana
24 Grilled Chicken Salad (2oz Chicken, HB Egg over 1c Mixed Greens) 1/2c 3 Bean Salad 1 Dinner Roll 1/2c Pears	25 3oz Pot Roast w/ 2oz Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables 1 White Bread 1/2c Diced Peaches	26 Pasta & Meatballs (4) w/ Alfredo Sauce 1/2c Green Peas & Pearl Onions 1 Garlic Herb Breadstick Apple NEW ITEM	27 1c Cabbage Roll Casserole 1/2c Garlic Whipped Potatoes 1/2c Seasoned Carrots 1 Dinner Roll Orange	28 4oz Sweet & Sour Chicken (5) 1/2c Fluffy Steamed Rice 1/2c Garlic Broccoli 1/2c Sweet Pineapple Tidbits 1 Cookie
31 Florentine Omelet w/ Creamed Spinach and Cheese 1/2c Herbed Breakfast Potatoes 1/2c Pears 1 Biscuit NEW ITEM	For seniors, it's important to maintain muscle mass. Lean proteins, whole grains, and low fat dairy will help you stay strong!			



Milk & margarine served with all meals. Menu subject to change

Lunch is a suggested \$3.00 donation.

Reservations are required two business days ahead by calling or emailing the Center.



COMMUNITY OPEN HOUSE

www.goseniors.org
714 E. Main St | Titusville, PA
(814) 827-9134
goseniors@zoominternet.net

Thursday, August 6

4 PM - 7 PM

**COME SEE WHAT
YOU'VE BEEN MISSING!**

Stop in and experience Titusville Senior Center as it comes to life! Tour our updated spaces, explore programs and services, and see members enjoying activities throughout the building.

Everyone is welcome – whether you're age 60+, a family member, a caregiver, interested in volunteering, looking for community resources or simply curious – we'd love to meet you!

During Your Visit You'll Enjoy:

- ✓ Tour the Center
- ✓ Meet Staff & Members
- ✓ Learn About Programs, Activities & Trips
- ✓ Explore our Fitness Center & Other Open Spaces
- ✓ Free Blood Pressure Screenings
- ✓ Light Refreshments
- ✓ Door Prizes
- ✓ Sign Up for Programs, Trips & Activities

Stay Active. Stay Connected. Stay Independent.
Discover everything Titusville Senior Center has to offer!



AUGUST JUST FOR FUN DAYS

We're adding a little extra fun to the calendar! Join us to celebrate fun and quirky national and international holidays with theme days - designed to bring people together, spark conversation, and add a little extra joy to our month! Keep an eye on the newsletter and join us whenever you can!

Monday, August 3rd - National Watermelon Day.

Enjoy a sweet treat and wear watermelon colors!

Monday, August 10 - National S'mores Day

We'll celebrate by making s'mores after lunch!

Friday, August 21 - National Senior Citizen Day

We'll have a sweet treat in observance of the day!

Monday, August 31st - National Trail Mix Day

We'll have a make-your-own trail mix bar to celebrate!

Monday, August 3

Pinochle Party



12:45pm ~ **\$1 to play** ~ Enjoy some snacks!

Tuesday, Aug. 4 Healthy-Steps



10:30 AM ~ This **FREE** class focuses on increasing flexibility and balance.

Healthy Steps in Motion
was developed by:



Wednesday, August 5



**12:45
Fun
Prizes!
\$25 Jackpot!**

Thursday, Aug. 6 Healthy-Steps



10:30 AM ~ This **FREE** class focuses on increasing flexibility and balance.

Healthy Steps in Motion
was developed by:



**SEE YOU
THERE!**

Friday, August 7



9:00 AM

Breakfast



at 10:00 AM with



Monday, August 10

Pinochle Party



12:45pm ~ **\$1 to play** ~ Enjoy some snacks!

Tuesday, Aug. 11 Healthy-Steps



10:30 AM ~ This **FREE** class focuses on increasing flexibility and balance.

Healthy Steps in Motion
was developed by:



www.goseniors.org

Edward Jones

Member SIPC

**Our clients' interests
come first. Call or stop by.**

Mike Watson
AAMS™
Financial Advisor
202 West Spring Street
Titusville, PA 16354
814-827-8840

Kenneth S Bodamer
Financial Advisor
202 West Spring Street
Titusville, PA 16354
814-827-8840

MKT-5894P-A-A4 AECSPAD

> edwardjones.com



Spirit Week

We've been bringing older adults together for friendship and fun since our very first meeting in August 1959. Help us celebrate 67 years of community with a week of themed spirit days, penny wars, and a special picnic on Friday as we celebrate together!
Participating is optional — but the more people who join in, the more fun we'll have!

MONDAY, 8/10 🎨 Color Wars. Wear the color that matches your birth decade!
1930s = Green • 1940s = Red • 1950s = Blue • 1960s & Beyond = Black

TUESDAY, 8/11 🧦 Crazy Socks & Inside Out Day. Show off your wildest socks and/or turn your outfit inside out. The sillier, the better — let's have some laughs together!

WEDNESDAY, 8/12 🎩 Crazy Hat or Crazy Hair Day. Top off your outfit with a funny hat or get creative with a wild hairstyle. We can't wait to see everyone's unique look!

THURSDAY, 8/13 🛏️ Pajama Day. Come cozy and comfortable in your favorite pajamas or loungewear. *(Be sure your pjs are appropriate for a public setting.)*

FRIDAY, 8/14 ❤️ Senior Center Spirit Day. Show your Senior Center pride by wearing your Center apparel, something green, or purchase a Center button for just \$1.
Don't have Senior Center gear? Be sure to check out our upcoming apparel sale — orders are due August 24!

Help your team earn bragging rights in our Penny Wars! Every penny counts toward your decade's total and goes to support Center programs and services!



TASCC SUMMER PICNIC

Food - Games - Music - Friends- Fun



**Friday,
August 14**
Burgess Park
Activity Building



**Fun Begins
at 11:00 AM**
**Food Served
at 12:00 PM**



Wednesday, August 12



Thursday,
Aug. 13 **HealthySteps**



10:30 AM ~ This **FREE** class focuses on increasing flexibility and balance.

Healthy Steps in Motion
was developed by:



**The Adagio
Pop-Up
Market begins
at 10:00 AM**



Friday, August 14

**SUMMER
PICNIC**

**The FUN
starts at
11:00 AM**



Monday, August 17

Pinochle Party



12:45pm ~ \$1 to play ~ Enjoy some snacks!

Tuesday,
Aug. 18 **HealthySteps**



10:30 AM ~ This **FREE** class focuses on increasing flexibility and balance.

Healthy Steps in Motion
was developed by:



Wednesday, August 19



**12:45
Fun Prizes!
\$25
Jackpot!**



You can view your Copilot
account online at:
community.copilot21.com



<https://community.copilot21.com>



INTERNET



TELEVISION



TELEPHONE

ARMSTRONG®

Keeping you **connected:**

ArmstrongOneWire.com • 1.877.277.5711

JOIN US TO VISIT
**THE CRAWFORD
COUNTY FAIR**

Food | Games | Exhibits | Rides | Shows | & More!

Tuesday, 8/25 - Senior Day! Cost \$8 Round Trip

Free Admission for seniors aged 65+ this day.

Leave Center @ 10:00 AM, return by 4:00 PM.

Sign Up by Monday, August 10th



Titusville Senior Center



Community Coffee

With Veterans Services

Friday, August 28th at 9:00 AM

Coffee & Donuts provided.

Join us for an informal talk about Veterans Services
with specialist Doug Turner. Open to veterans and seniors!

Thursday, Aug. 20 **Healthy-Steps**



10:30 AM ~ This **FREE** class focuses on increasing flexibility and balance.

Healthy Steps in Motion
was developed by:



**The Adagio
Pop-Up
Market begins
at 10:00 AM**



**FREE Blood Pressure
Screenings with
Anne Logan at 11:00**

Birthday Cake with Lunch

**Senior Council ~12:45
We're always looking
for new ideas!**

**Titusville Insurance
Agency**



107 E. Bloss St, Titusville, PA 16354
814-827-8888, 800-346-8714, Fax 814-432-5608

Micheline Tarr Lisa Buchna

Business, Auto, Home, Health, Life & Annuities

Monday, August 24 **Pinochle Party**



12:45pm ~ \$1 to play ~ Enjoy some snacks!

1:00pm

**Dementia & Alzheimer
Support Group**
with
HOSPICE
of Crawford County, Inc.



Tuesday, August 25



Wednesday, August 26



**Join us at 12:45
Fun Prizes!
\$25 Jackpot!
We go FAST!**



**Find us on
Facebook**



Our group is a compassionate community dedicated to providing understanding, resources, and encouragement for caregivers of loved ones living with Alzheimer's disease or other forms of dementia.

The group will be led by experienced facilitators who offer valuable insights and practical knowledge. Join us to connect, learn, and find strength.

WHEN:	MONDAY, AUGUST 24 TIME: 1:00 PM <i>Meetings held the fourth Monday of each month.</i>
WHERE:	TITUSVILLE SENIOR CENTER 714 E. MAIN ST.  TITUSVILLE
FACILITATOR:	MELISSA SWARTWOOD, DHSC, CDP HOSPICE OF CRAWFORD COUNTY

HOSTED BY TITUSVILLE SENIOR CENTER & HOSPICE OF CRAWFORD COUNTY

Please see Senior Center Newsletter for future dates beyond those listed above.
 Newsletter can be viewed at www.goseniors.org or you can pick up a copy in person at the Center.



FOR MORE INFO: 814-333-5403



NO COST TO ATTEND • WALK-INS WELCOME • GROUP OFFERS BOTH EDUCATION & SUPPORT

Thursday, Aug. 27 **HealthySteps**



10:30 AM ~ This **FREE** class focuses on increasing flexibility and balance.

Healthy Steps in Motion
was developed by:



Friday, August 28

COFFEE AND DONUTS



9:00 AM
with Doug,
Veterans Services
Specialist

10:00 AM
Games and
Good Company



Monday, August 31

Pinochle Party



12:45pm ~ \$1 to play ~ Enjoy some snacks!

Tuesday, Sept. 1 **HealthySteps**



10:30 AM ~ This **FREE** class focuses on increasing flexibility and balance.

Healthy Steps in Motion
was developed by:



www.goseniors.org

Wednesday, Sept. 2



12:45
Fun Prizes!
\$25
Jackpot!

Thursday, Sept. 3 **HealthySteps**



10:30 AM ~ This **FREE** class focuses on increasing flexibility and balance.

Healthy Steps in Motion
was developed by:



Friday, September 4



9:00 AM
Breakfast



Do you have an idea for an activity or a speaker? Is there someplace you would like to go on a trip? We want to hear from you!

SHELLART H. JOYCE,
ESQUIRE



THE LAW OFFICE OF
Schellart Joyce, LLC
Protect Your Legacy

schelly@shj-law.com
shj-law.com

TITUSVILLE OFFICE
105 W. Central Ave.
Titusville, PA 16354
814.827.2788
Fax: 814.827.9521



SAVE THE DATE! UPCOMING EVENTS

SEPTEMBER 25

Donuts & Dazzle
Senior Center Talent Showcase

OCTOBER 8

Kinzua Bridge State Park
Fall Foliage Trip

OCTOBER 29

Halloween Pet Parade
Open to the Public!

NOVEMBER 14

TASCC Holiday
Craft & Vendor Show

**DATES
COMING SOON**

*Kraynak's Trip, Monster Mash Party,
Thanksgiving Celebration, Ugly Sweater
Holiday Party, Cookie Decorating Day*

Find us on Facebook!

(814) 827-9134 | goseniors@zoominternet.net | www.goseniors.org



DONUTS & DAZZLE TALENT SHOWCASE

FRIDAY, SEPTEMBER 25TH
DONUTS AT 9:00 AM
DAZZLE AT 10:00 AM

Show us what you've got - sign up today!

WWW.GOSENIORS.ORG | (814) 827-9134 | GOSENIORS@ZOOMINTERNET.NET
Admission by donation.

Senior Center Council

July 17, 2026

Johnna Kushner
Wendy Wright
Mary Carol Cartney

President
Vice President
Secretary

Ellen Booth
Lew Cooke
Bess Endres

Donna Goodwill
Pat Vasbinder

Suggestions & Discussions:

- **Programming** – Theme days, spirit week, summer picnic ideas
- **Trips** – No new suggestions
- **Fundraisers** – No new suggestions
- **Speakers & Guests** – No new suggestions
- **Miscellaneous** – Open House Planning

Next Senior Center Council meeting:
Friday, August 21 at 12:45 PM

Senior Center Council meetings are open to all center participants and the general public.

I can't take my dog to
the park anymore. The
ducks keep biting him.
I should have known
this would happen.
He's pure bread

Giggles

Why is water heavier than butane?

Because butane is a lighter fluid.

MARK & MARSHA SEELEY
Owners

SEELEY MEMORIALS

11664 Hydetown Rd.
Titusville, Pa 16354

827-4281 / (814) 493-4617
seeleymemorials@gmail.com
www.seeleymemorials.com

JOIN US FOR A WALK IN THE PARK!



**EVERY MONDAY, WEDNESDAY & FRIDAY
10:00 AM AT BURGESS PARK**

Weather permitting. Meet in the Center.

www.goseniors.org

Join Us
**GAMES & GOOD
COMPANY**

Join us for breakfast and a fun game day with friends!

Activities Include
CARD & BOARD GAMES,
PUZZLES, POKER, DARTS,
WII SPORTS, POOL,
BEANBAG TOSS, AND
MORE!

AUGUST 28
Donuts with Doug at 9 AM,
Games & Fun to Follow at 10 AM


TITUSVILLE
Senior Center

(814) 827-9134 goseniors@zoominternet.net www.goseniors.org



Titusville Express Pharmacy Now Offers Compliance Packaging

Compliance Packaging:

- Organizes medication by dose and time into easy to open blister packs.
- Helps maintain medication schedule and improves compliance.
- Each compartment is labeled with medication details and provides clear instructions.
- Ideal for complex dosing or multiple medications.
- Available at no additional cost.



Pharmacy Hours:

Monday - Friday: 9:00 a.m. - 6:00 p.m.
Saturday: 9:00 a.m. - 1:00 p.m.
Sunday: Closed

Call 814-827-5719 to verify if you are eligible.



401 West Spring Street, Titusville
Ph: 814-827-5719 • Fx: 814-827-7231

tahexpressrx.com



TITUSVILLE Senior Center

**Located in the Titusville
Community Center at Burgess Park**

Address: 714 E. Main Street,
Titusville, PA 16354

Phone: (814) 827-9134

E-Mail: goseniors@zoominternet.net

Website: www.goseniors.org

Titusville Area Senior Citizens Corporation Board of Directors

Pam Anderson	President
Janice Resheske	Vice-President
Anne Logan	Secretary
Marti Bennett	Sandy Smith
Erin Biltz	Wendy Wright

Titusville Senior Center Council

Johnna Kushner	President
Wendy Wright	Vice-President
Mary Carol Cartney	Secretary
Ellen Booth	Bess Endres
Lew Cooke	Donna Goodwill
	Pat Vasbinder

Titusville Senior Center Staff

Ashley Reynolds	Executive Director
Theresa Melaragno	Center Assistant
Bill Daye	Kitchen Manager

**We ask that you pre-register for lunch two
days in advance. Stop in the office, call,
or pre-register with CoPilot.**

While we do receive some funding from **Active
Aging & United Way of the Titusville Region**,
we rely on your donations to help make ends meet.

We ask for a suggested donation of only **\$3.00**,
more if you are able.



Funded in part by the
Pennsylvania Department
of Aging



**United Way of the
Titusville Region**

*Please note, no senior will be denied a meal
because of the inability to make a donation.*

**Do you have Medicare or are you
going to be new to Medicare soon?**

**Pennsylvania Medicare Education and Decision
Insight, PA MEDI**, counselors are trained and
certified by the PA Department of Aging and are
able to assist you with information regarding your
Medicare coverage and benefits.

Call 814-336-1792 or toll-free 1-800-321-7705
to schedule an appointment with a

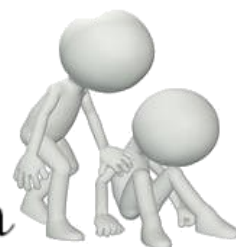
PA MEDI counselor to help you understand your
Medicare covered health benefits.



pennsylvania

Medicare Education and Decision Insight

**Social
Connection**



**116 West Spring Street in Titusville
Drop in, or call: (814) 775-0770**

Social Connection is a Consumer Driven Mental
Health Drop-In-Center. The purpose is for consumers
to share friendship, a warm environment and a place
to increase their personal socialization with peers who
have similar life experiences.