



JUNE

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 Senior Center

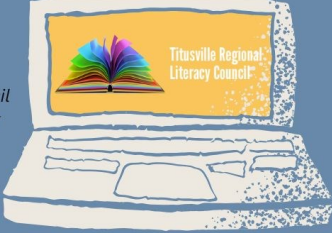
## What's happening


6/1	12:45 PM	<b>Pinochle Party</b>
6/2	10:30 AM	Healthy Steps in Motion
6/3	12:45 PM	<b>Bingo</b>
6/4	10:30 AM	Healthy Steps in Motion
6/5	9:00 AM	<b>Breakfast</b>
	10:00 AM	<b>Games &amp; Good Company</b>
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6/8	12:45 PM	<b>Pinochle Party</b>
6/9	10:30 AM	Healthy Steps in Motion
6/10	12:45 PM	<b>Red, White &amp; Blue Bingo</b>
6/11	10:30 AM	Healthy Steps in Motion
6/12	10:30 AM	<b>Creator's Cove &amp; Gardening</b>
<hr/>		
6/15	12:45 PM	<b>Pinochle Party</b>
6/16	10:30 AM	Healthy Steps in Motion
6/17	12:45 PM	<b>Bingo</b>
6/18	10:30 AM	Healthy Steps in Motion
6/19	11:00 AM	Blood Pressure Screenings
	12:00 PM	<b>Birthday Luncheon</b>
	12:45 PM	<b>Senior Council</b>
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6/22	12:45 PM	<b>Pinochle Party</b>
	1:00 PM	<b>Dementia &amp; Alzheimer Support Group</b>
6/23	9:00 AM	<b>SFMNP Voucher Distribution</b>
6/24	12:45 PM	<b>Speed Bingo - We go FAST!</b>
6/25	10:30 AM	Healthy Steps in Motion
	12:45 PM	<b>Savory Studio Canvas Painting Class</b>
6/26	9:00 AM	<b>Breakfast Club - Eat &amp; Play!</b>
<hr/>		
6/29	12:45 PM	<b>Pinochle Party</b>
6/30	10:30 AM	Healthy Steps in Motion
	12:45 PM	<b>Nutrition Fun with Adagio</b>
7/1	12:45 PM	<b>Bingo</b>
7/2	10:30 AM	Healthy Steps in Motion
7/3	9:00 AM	<b>Donuts</b>
	9:30 AM	<b>Uno Tournament</b>

**DIGITAL LITERACY MONDAY**

Every Monday!  
10:30 AM - 2:30 PM

Titusville Regional Literacy Council  
will have someone at The Center to help you navigate and gain confidence while you learn.



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



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

Monday	Tuesday	Wednesday	Thursday	Friday	
<b>1</b> Creamy Vegetable Lasagna 1/2c California Blend Vegetables 1/2c Peas & Onions 1 Garlic Breadstick Apple 	<b>2</b> Meatball Hoagie (3) w/ .5oz Mozzarella Cheese 1/2c Mixed Vegetables 1c Side Salad w/ Dressing 1 Hot Dog Bun Orange	<b>3</b> 3oz Fire Grilled Chicken Breast 1/2c Cheesy Broccoli & Rice 1/2c Carrots 1/2c Diced Peas 1 Dinner Roll <div style="background-color: green; color: white; padding: 2px; display: inline-block;">NEW ITEM</div>	<b>4</b> Cheeseburger 1/2c Golden Roasted Potatoes 1/2c Mixed Vegetables 1 Hamburger Bun 1/2c Mandarin Oranges	<b>5</b> 3oz Open Faced Turkey Sandwich w/ 2oz Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn 1 White Bread 1 Cookie	
<b>8</b> 4oz Chicken Salad Sandwich 1/2c Tomato Cucumber Salad 1/2c Macaroni Salad 1 Hamburger Bun Apple	<b>9</b> Grilled Chicken Salad (2oz Chicken, HB Egg, Cheddar, over 1c Mixed Greens w/ Tomato) 1/2c Three Bean Salad 1 Wheat Bread Orange	<b>10</b> Swedish Meatballs (4) 1/2c Buttered Noodles 1/2c Broccoli 1 Dinner Roll 1/2c Peaches	<b>11</b> Stadium Hot Dog 1/2c Cheesy Potatoes 1/2c Seasoned Green Peas 1 Hot Dog Bun 1/2c Pineapple Tidbits	<b>12</b> 3oz Salisbury Steak w/ 2oz Gravy 1/2c Mashed Potato 1/2c Mixed Vegetables 1 Wheat Bread 1 Cookie	
<b>15</b> Potato Crusted Pollock w/ 1/2c Macaroni & Cheese 1/2c Stewed Tomatoes 1 Wheat Bread Orange	<b>16</b> Pasta & Meatballs (4) 1/2c Pasta w/ Marinara 1c Tossed Salad w/ Tomato 1/2c Green Beans 1 Garlic Herb Breadstick 1/2c Mixed Fruit	<b>17</b> Taco Salad (3oz Taco Meat, .5oz Cheddar, Lettuce, Tomato, Salsa) Tortilla Chips (10pc) 1/2c Seasoned Sweet Corn 1/2c Pineapple	<b>18</b> 3oz Roast Beef w/ 2oz Gravy 1/2c Mashed Potatoes 1/2c Coin Carrots 1 Italian Bread 1/2c Peaches	<b>Happy Juneteenth!</b> 19 Chicken Philly Sandwich 1/2c Tater Tots 1/2c Homestyle Coleslaw 1 Hot Dog Bun 1 Cookie	
<b>Happy Father's Day!</b> 22 1c Tortellini with Sausage Meat Sauce 1/2c Garlic Green Beans 1/2c California Blend Vegetables 1 Garlic Herb Breadstick 1/2c Diced Peaches <div style="background-color: green; color: white; padding: 2px; display: inline-block;">NEW ITEM</div>	<b>23</b> 4oz Sweet & Sour Chicken 1/2c Brown Rice 1/2c Broccoli 1 Wheat Bread Apple	<b>24</b> Stuffed Pepper Casserole 1/2c Garlic Whipped Potatoes 1/2c Carrots 1 White Bread Cookie 	<b>25</b> Chicken, Spinach & Cranberry Salad w/ Dressing 1c Mixed Greens & Spinach 1c Cream of Cauliflower Soup 1 Dinner Roll 1/2c Pudding	<b>26</b> BBQ Pork Ribette 1/2c Buttered Pasta 1/2c Brussel Sprouts 1 Sandwich Roll 1/2c Pineapple Delight	
<b>29</b> 3oz Swiss Steak w/ 2oz Gravy 1/2c Noodles 1/2c Green Beans 1 Wheat Bread 1/2c Orange	<b>30</b> 1c Chili with Cheese 1/2c Roasted Potato 1c Salad with Dressing 1 Piece Cornbread	 <b>United Way</b> United Way of the Titusville Region			 

Milk and 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.**

## BINGO GUIDELINES & ETIQUETTE REMINDERS

**🚫 Please be considerate of fellow players & limit yourself to 15 TOTAL boards maximum.**

Additionally, please only take as many boards as you can keep up with so that games run smoothly. **We are not a bingo hall – we want to encourage fairness while also ensuring all seniors can comfortably follow along and enjoy the game!** *Thank you for understanding!*

**✅ All decisions and timing are at the caller's discretion.** *Heckling, arguing with the caller, or other disruptive behavior may result in removal from the game, or when necessary, the Center.*

☕ Get your beverages and turn your cell phone to silent mode prior to the start of games – thanks!

📺 We play 8 Bingo games TOTAL. – some games will not get played. Order & games vary weekly.

📱 Bingo may **ONLY** be called after the next number is **announced** by the caller – It is not determined by the screen changing slides & will not be honored before announced.

🗣️ Keep conversation quiet and minimal so that the caller and other players can hear numbers being called both during games & when being read back to the caller to check for a bingo.

🎁 Winners receive **ONE** prize from the Prize Table - take a glance prior to the start of the first game!

💰 50/50 Prize *only* includes cash or consolation prize; it does *not* include an item from the Prize Table.

🚫 **Keep out of the kitchen, even after games.** This is for everyone's safety. *If you need a bag, please ask.*

✅ Unused bingo boards can be discarded by the stairs or thrown away if they have ink of them.

🗑️ **Clean up your area before you leave – this includes cards, cups, bottles, and garbage.**

**THANK YOU FOR YOUR UNDERSTANDING & COOPERATION – GOOD LUCK!!!**

**NOW OPEN**

# FITNESS CENTER

We're excited to introduce a new way to stay active, healthy, and independent – right here at the Center! Our tiny but mighty exercise room may be small, but it's packed with tools you need to keep moving at your own pace!

- ✅ Improve Balance
- ✅ Build Strength
- ✅ Stay Independent

 **CHECK IT OUT TODAY!**

[www.goseniors.org](http://www.goseniors.org)

**Personal,  
practical,  
and ready  
when you are.**

**PA CareKit**

[pa.gov/CareKit](http://pa.gov/CareKit)

BEFORE YOU COMPLAIN -  
ASK YOURSELF...



**- HAVE YOU VOLUNTEERED?**

**- DO YOU HAVE POSITIVE GOALS TO CONTRIBUTE?**

**- CAN YOU OFFER IDEAS, SOLUTIONS,  
OR HELP OUT IN SOMEWAY?**



Your contributions & support make a difference!

[www.goseniors.org](http://www.goseniors.org)

Email: [goseniors@zoominternet.net](mailto:goseniors@zoominternet.net)



Leave us a  
Review!

[www.goseniors.org](http://www.goseniors.org)

If you've enjoyed activities,  
meals, programs or  
services at our Center - be  
sure to leave us a Facebook  
review to let us know!



Thank you!



Monday, June 1

# Pinochle Party



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

Tuesday,

# June 2 Healthy-Steps



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

Healthy Steps in Motion was developed by:



Wednesday, June 3



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

Thursday,

# June 4 Healthy-Steps



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

Healthy Steps in Motion was developed by:



You can view your Copilot account online at:  
[community.copilot21.com](http://community.copilot21.com)



<https://community.copilot21.com>

Friday, June 5



9:00 AM

Breakfast

10:00 AM

Games & Good Company

Monday, June 8

# Pinochle Party



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

Tuesday,

# June 9 Healthy-Steps



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

Healthy Steps in Motion was developed by:



Find us on Facebook



INTERNET



TELEVISION



TELEPHONE

# ARMSTRONG®

Keeping you **connected**:

[ArmstrongOneWire.com](http://ArmstrongOneWire.com) • 1.877.277.5711

Titusville Senior Center

# Monthly 50/50

\*Raffle is open to the PUBLIC of ALL ages, not just our seniors!\*

## TICKETS ON SALE NOW!

Sales Begin the First of Each Month &  
Winner Drawn the Last Day of the Month!

Benefits Center programming for local seniors.

Tickets -  
\$1/Each or  
6 Tickets for \$5

714 East Main Street | Titusville, Pa  
(814) 827-9134 | [www.goseniors.org](http://www.goseniors.org)  
[goseniors@zoominternet.net](mailto:goseniors@zoominternet.net)

Small Games License #20180126



JOIN US FOR A WALK IN THE PARK!



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

*Weather permitting. Meet in the Center.*



Find us on  
**Facebook**

MARK & MARSHA SEELEY  
Owners

**SEELEY MEMORIALS**

11664 Hydetown Rd.  
Titusville, Pa 16354

827-4281 / (814) 493-4617  
[seeleymemorials@gmail.com](mailto:seeleymemorials@gmail.com)  
[www.seeleymemorials.com](http://www.seeleymemorials.com)

Wednesday, June 10



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

Thursday,  
June 11 **Healthy-Steps**



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

Healthy Steps in Motion  
was developed by:



Friday, June 12



*Join us in the Craft Room at 10:00 AM*

Monday, June 15



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

Tuesday,  
June 16 **Healthy-Steps**



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

Wednesday, June 17



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

Thursday,  
June 18 **Healthy-Steps**



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

Healthy Steps in Motion  
was developed by:



Friday, June 19

*Happy Birthday!*

**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

**Michelene Tarr Lisa Buchna**

**Business, Auto, Home, Health, Life & Annuities**



# Rummage Sale Donation Drive

## DROP OFF INFORMATION

Location: Titusville Senior Center @  
714 East Main Street, Titusville

- Items need to be clean and in gently used condition (or new), nothing broken.
- We cannot accept clothing or electronics, including TVs or computers.
- Also accepting baked goods, drop off for these can be arranged with Center staff for later in the week. THANK YOU!

### Drop Off Days & Times

- **Monday, 7/13, 10 AM - 2 PM**
- **Tuesday, 7/14, 12 PM - 2 PM**
- **Wednesday, 7/15, 3 PM - 5:30 PM**

**Rummage Sale: Saturday, 7/18 @ 9 AM**



### INTERESTED IN VOLUNTEERING?

We need volunteers to help sort & price,  
and to help the day of the sale.  
Contact us at (814) 827-9134 or  
goseniors@zoominternet.net



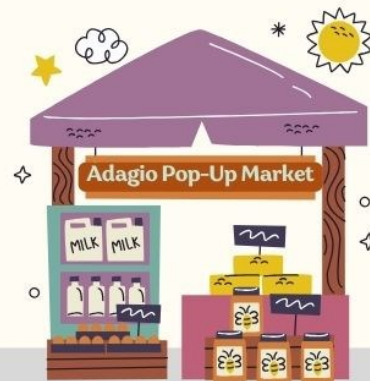
# Adagio Pop-Up Market

**JULY 16 & 30, AUGUST 13 & 20: 10 AM - 1 PM**

Adagio Health is partnering with Titusville Senior Center  
to bring a pop-up Farmer's Market to our Center for you to get  
fresh fruits & veggies grown locally while visiting the Center.

*Cash & SFMNP Vouchers accepted.*

[www.goseniors.org](http://www.goseniors.org)



# Monday, June 22

## Pinochle Party



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

1:00pm

**Dementia & Alzheimer  
Support Group**

with

# HOSPICE

*of Crawford County, Inc.*



# Wednesday, June 24



**Join us at 12:45**

**Fun Prizes!**

**\$25 Jackpot!**

**We go FAST!**

SCHELLART 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

## PA SENIOR FARMER'S MARKET NUTRITION PROGRAM VOUCHERS - DISTRIBUTION DAY



To pick up your vouchers at Titusville Senior Center, you must be a Crawford County resident aged 60/older.

*Income for a single person must be at/below \$29,526, or at/below \$40,034 for a couple.*

June 23 | 9 am - 1 pm

📍 714 East Main Street, Titusville

### Questions

📞 (814) 827-9134

🌐 goseniors@zoominternet.net

www.goseniors.org



**\* We can NOT distribute vouchers to Venango County residents. \***

*\*For Crawford County residents unable to attend Distribution Day here, vouchers will be available at Active Aging in Meadville while supplies last. For more info on their distribution check their website, activeaging.org.*

# Thursday, June 25 **Healthy-Steps**



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

Healthy Steps in Motion was developed by:



12:45 PM

Canvas Painting Class

with Sarah from "Savory STUDIO"

Pre-registration is required

# Friday, June 26

## THE **Breakfast** CLUB

# Monday, June 29

## **Pinochle** Party



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

# Tuesday, June 30 **Healthy-Steps**



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

Healthy Steps in Motion was developed by:



Stick around after lunch, for **Nutrition Fun** with our friends from:



# Wednesday, July 1

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

# Thursday, July 2 **Healthy-Steps**



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

Healthy Steps in Motion was developed by:



# Friday, July 3



9:00 AM  
Donuts

9:30 AM  
UNO  
Tournament



**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](http://edwardjones.com)



# 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](http://tahexpressrx.com)



# TITUSVILLE Senior Center

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Website: [www.goseniors.org](http://www.goseniors.org)

## Titusville Area Senior Citizens Corporation Board of Directors

Betty Fry	President
Wendy Wright	Vice-President
Anne Logan	Secretary
Pam Anderson	Erin Bolding
Marti Bennett	Janice Resheske

## 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



*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.