



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

What's happening

- 3/1 **9:00 Breakfast**
9:00 Rise & Shine Pinochle
- 3/4 **12: 45 BINGO!**
- 3/5 12: 45 Healthy Steps in Motion
- 3/6 **12: 45 Pinochle Party**
National Oreo Cookie Day
- 3/7 12: 45 Healthy Steps in Motion
- 3/8 **10: 30 Community Coffee with**
PA Highway Safety Network
- 3/11 **12: 45 Pinochle Party**
- 3/12 **9:30 Departure: Kraynaks & Daffin's Bus Trip!**
Return by 4:00 PM. \$15 Round Trip.
- 3/13 **12: 45 Lucky Bingo!**
- 3/14 **10: 30 Grandparent Support Group**
12: 45 Healthy Steps in Motion
- 3/15 **11:00 FREE Blood Pressure Screenings**
Birthday Luncheon & 12: 45 Senior Council
- 3/18 **12: 45 Pinochle Party**
- 3/19 12: 45 Healthy Steps in Motion
6:00 – 8:00 Painting Party Fundraiser, \$35,
with Savory Studio. *Pre-Reg Required.
- 3/20 **12: 45 BINGO!**
- 3/21 10:30 Healthy Steps in Motion
12: 45 Blood Sugar Management
with TAH Dietary
- 3/22 12: 45 Creator's Cove with Gina Trace
- 3/25 **12: 45 Pinochle Party**
- 3/26 **10:30 Easter Egg Decorating**
with Social Connection
12: 45 Cooking Fun with Adagio
Health & Nutrition
- 3/27 **12: 45 BINGO!**
- 3/28 **10:30 Medication Management**
with TAH Pharmacy
12:45 PM Healthy Steps in Motion
- 3/29 **CLOSED FOR GOOD FRIDAY**



PAINTING PARTY

Cost \$35. Canvas 16 x 20.

Tuesday, March 26th, 6 PM - 8 PM

With Savory Studio

Titusville Senior Center

714 East Main Street. Titusville, Pa



Happy Easter



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

March

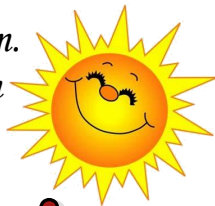
Monday	Tuesday	Wednesday	Thursday	Friday
				
4 Sweet & Sour Pork 1/2c Buttered Pasta 1/2c California Blend 1 Wheat Bread 1/2c Pineapple Tidbits	5 Cheese Omelet w/ Peppers, Onions 1 Sausage Patty 1/2c Breakfast Potatoes 1 English Muffin w/ Jelly 4oz Apple Juice	6 Pasta & Meatballs (4) 1/2c Pasta w/ Marinara 1c Tossed Salad w/ Tomato 1 Garlic Breadstick 1/2c Mixed Fruit Salad	7 Pepper Steak w/ Onions & Peppers 1/2c Whipped Potatoes 1/2c Diced Carrots 1 Wheat Bread 1/2c Blushed Pears	8 Creamy Egg Salad Sandwich 1/2c Three Bean Salad 1c Tomato Soup w/ Crackers 2 Whole Wheat Bread 1/2c Cinnamon Applesauce
11 Cheeseburger Stroganoff 1/2c Green Beans 1 Breadstick Fresh Fruit 	12 BBQ Pork Ribette 1/2c Creamy Coleslaw 1/2c Green Beans 1 Sandwich Roll Seasonal Fresh Fruit	13 Chicken Cobb Salad (Diced Chicken, Egg, Bacon Bits, Cheddar, over 1c. Mixed Greens 1/2c. Diced Beets 1 Dinner Roll Cookie	14 Winter Beef Stew 1/2c Mixed Vegetables Biscuit 1/2c Apple Crisp 	15 Vegetable Lasagna Topped w/ Cream Sauce 1c Tossed Salad w/ Dressing Garlic Breadstick Lime Sherbet
18 Stuffed Pepper Casserole 1/2c Garlic Whipped Potatoes 1/2c Coin Carrots 1 White Bread 1/2c Pudding 	19 Honey Rosemary Chicken 1/2c Buttered Noodles 1/2c Brussel Sprouts 1 Wheat Bread 1/2c Peaches 	20 Baked Meatloaf w/ Gravy 1/2c Baked Roasted Potato Cubes 1/2c Peas 1 Dinner Roll Seasonal Fresh Fruit	21 Open Faced Turkey Sandwich w/ Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Corn 1 White Bread 1 Cookie	22 Tuna Salad Sandwich 1/2c Three Bean Salad 1c Cream of Potato Soup 1 Sandwich Roll Fresh Orange
25 Glazed Ham w/ Pineapple Sauce 1/2c Whipped Sweet Potatoes 1/2c Green Beans 1 Dinner Roll Orange	26 Grilled Chicken Salad (2oz Chicken, 1oz Cheddar, over 1c Mixed Greens w/ Tomato) 1c Bean Soup 1 Dinner Roll Apple	27 Sweet & Sour Meatballs (4) 1/2c Rice 1/2c Broccoli 1 Wheat Bread 1/2c Pears *menu subject to change	28 Chicken Parmesan w/ 1oz Shredded Cheese 1/2c Rotini w/ Sauce 1c Tossed Salad w/ Tomato 1 Garlic Breadstick 1/2c Mixed Fruit	29 

Friday, March 1



Breakfast @ 9:00 am.

Suggested donation
only \$1.00.



Rise & Shine Pinochle Party



9:00am ~ **\$1 to play** ~ Enjoy Breakfast!

Monday, March 4

BINGO!

Join us @ **12:45**

Fun Prizes! \$25 Jackpot!

Tuesday, March 5

Pennsylvania's
Healthy Steps for Older Adults

12:45 PM ~ This **FREE** class focuses
on increasing flexibility and balance.

Healthy Steps in Motion
was developed by:



INTERNET



TELEVISION



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Wednesday, March 6

NATIONAL

OREO



COOKIE DAY!



Pinochle Party



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

Thursday, March 7

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Healthy Steps for Older Adults

12:45 PM ~ This **FREE** class focuses
on increasing flexibility and balance.

Healthy Steps in
Motion was
developed by:



Friday, March 8

Community COFFEE

Complimentary
Coffee Or
Hot Tea &
Sweet Treats
Available

Join us for coffee and conversation!
We'll be chatting with local organizations,
area business owners, and leaders!

TITUSVILLE SENIOR CENTER

goseniors@zoominternet.net

(814) 827-9134

www.goseniors.org

714 East Main Street

**Today's guest
PA Highway
Safety Network**



Monday, March 11

Pinochle Party

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

Tuesday, March 12

Kraynak's

Hop on the Bus with us!

We're off to Kraynak's & Daffin's

Depart 9:30 am

Return by 4:00 pm

\$15 Round Trip

Reservations Required



Wednesday, March 13

LUCKY BINGO

12:45

Fun Prizes!

\$25 Jackpot!



MARK & MARSHA SEELEY
Owners

SEELEY MEMORIALS

11664 Hydetown Rd.
Titusville, Pa 16354

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

Thursday, March 14

Grandparent Support Group

Upcoming Dates: February 15,
March 14, April 18, & May 16

10:30 AM at

Titusville Senior Center

714 East Main Street.
Titusville, PA 16354.

Questions :

TSC: (814) 827-9134
goseniors@zoominternet.net



Are you raising
your grandchildren?
You're not alone.
Join us as we discuss
the unique challenges
& share experiences.
Coffee, Tea & Donuts provided.



Pennsylvania's Healthy Steps for Older Adults

12:45 PM ~ This **FREE** class focuses
on increasing flexibility and balance.

Healthy Steps in
Motion was
developed by:



pennsylvania
DEPARTMENT OF AGING



Find us on
Facebook

Copilot
by iat

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



Friday, March 15



March BIRTHDAYS

FREE Blood Pressure Screenings
with Anne Logan at 11:00
Enjoy Birthday Cake with lunch!

Senior Council ~12:45

**We're always looking
for new ideas!**



Monday, March 18

Pinochle Party

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

Tuesday, March 19

Pennsylvania's Healthy Steps for Older Adults

12:45 PM ~ This **FREE** class focuses
on increasing flexibility and balance.

**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

Wednesday, March 20



12:45
Fun Prizes!
\$25
Jackpot!

Thursday, March 21

Pennsylvania's Healthy Steps for Older Adults

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

Healthy Steps in
Motion was
developed by:



pennsylvania
DEPARTMENT OF AGING



**TITUSVILLE
AREA
HOSPITAL**

MORE
THAN A HOSPITAL

After lunch, learn about **Blood
Sugar Management** with Titusville
Area Hospital Dietary.

Friday, March 22



12:45

*Follow us back to the
Craft Room to work on a
project with Gina Trace with*

Interim
HEALTHCARE INC.

Monday, March 25

Pinochle Party

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

Tuesday, March 26

10:30

**Decorating
Easter Eggs with
Social Connection**



After lunch, join us for cooking fun with:


adagioHEALTH

delivering care.
educating communities.

Wednesday, March 27



12:45

Fun Prizes! \$25 Jackpot!

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

Thursday, March 28

Medication Management



10:30 ~ with the Titusville Area Hospital Pharmacy Team



TITUSVILLE
AREA
HOSPITAL

MORE
THAN A HOSPITAL

Pennsylvania's Healthy Steps for Older Adults

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pennsylvania
DEPARTMENT OF AGING



Please note that the
Titusville Senior Center
will be closed on Friday,
March 29 and Monday,
April 1 for the Easter
Holiday. Wishing one and
all a happy and safe
Easter weekend!



PAINTING PARTY

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With Savory Studio

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Spring Craft & Vendor Show

ARTS, CRAFTS & GOODS BY LOCAL
ARTISANS + VENDORS

Kitchen will be open.

Saturday, April 27th

10:00 am - 3:00 pm



Senior Center Council

February 16, 2024

Donna Goodwill
Wendy Wright
Mary Carol Cartney

Ellen Booth
Lew Cooke

President
Vice President
Secretary

John Vasbinder
Pat Vasbinder

Suggestions:

- Programming – Party for Eclipse in April, starting Walking Challenge/ Group in April.
- Trips – Kraynak's to see Easter Bunny Lane in March.
- Fundraisers – Craft Show April 27th: selling things we've made, potentially having apple dumplings or other items for sale in the kitchen if we can get volunteers to make them.
- Speakers – no suggestions.
- Miscellaneous – no suggestions.

Next Senior Center Council meeting:
Friday, March 15 at 12:45 PM

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



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

Titusville Senior Center

SPONSOR-A-SENIOR

Program



Please consider making a donation to The Center to sponsor a trip or activity that might be out of budget for one of our participants. Your generosity will be deeply appreciated!



March 4
March 13
March 20
March 27

www.goseniors.org

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Mike Watson, AAMS™
Financial Advisor

202 West Spring Street
Titusville, PA 16354
814-827-8840

MKT-5894N-A

> edwardjones.com



From the
DESK of the
Executive Director

AARP TAX AIDE

Trained AARP volunteers will prepare your taxes at no cost!

- ☒ Federal, State & Local Taxes
- ☒ Appointments Required!
- ☒ Appointments held at Titusville Senior Center.
- ☒ Please, call number below. Be sure to leave a message!
*Appointments not coordinated by Senior Center staff.

CALL TODAY

(814) 499-3023

During February our Activity Room got a facelift. If you haven't already, go check it out! In addition to the update and new art work there are board games, a dart board, ping pong and an air hockey table for you to enjoy. The books from our Lending Library are slowly making their way to the recently uncovered book shelves in that room next to the sitting area. All the natural light makes for a nice, cozy reading spot!

We have many guests coming to The Center for various things this month – we are looking forward to it! Those who attend activities featuring a guest will be entered into a drawing for a \$20 gas card. This includes Community Coffee and Healthy Speakers such as TAH Dietary, Adagio Health and Titusville Hospital Staff. Please, treat our volunteers and guests with kindness and respect. Hosting organizations from the community is a wonderful way to learn new things and meet new people!

Let's continue to make lunch reservations on time! Nutrition requires we give them a FINAL count for lunch TWO BUSINESS DAYS in advance. Keep in mind that weekends do not count as business days. If you have not made a lunch reservation in time, you will be served LAST. This is to ensure reservation holders have received their food. We will have Grab N Go options available for those popping in without a reservation should we run out of our scheduled meal.

We have some fundraisers open to the public – please help spread the word! Our monthly 50/50 Drawing, a Painting Party with Savory Studio, and next month we will host a Craft & Vendor Show on 4/27. We have tables and space available to rent for the show, please see me for more information or to reserve a space – they are going fast! Money raised from fundraisers and donations benefit those that frequent The Center.

The AARP Tax Aide Volunteers are seeing clients at The Center. If you need to make an appointment call (814) 499-3023. If you have a tax/rent rebate form that you need help filling out, and aren't getting your taxes done by the AARP volunteers, United Way (814-827-1322) and Representative R. Lee James office (814-827-0433) are both helping with those.

I look forward to enjoying all the exciting things we have planned this month with you!

Ashley



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Titusville Area Senior Citizens Corporation Board of Directors

Herb Butcher	President
Wendy Wright	Vice-President
Cheryl Scott	Secretary
Betty Cospers	Treasurer
Pam Anderson	Betty Fry
Marti Bennett	Don Goodwill
Ellen Booth	Anne Logan
	Janice Resheske

Titusville Senior Center Council

Donna Goodwill	President
Wendy Wright	Vice-President
Mary Carol Cartney	Secretary
Ellen Booth	John Vasbinder
Lew Cooke	Pat Vasbinder

Titusville Senior Center Staff

Ashley Thompson Executive Director

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 **\$2.50**, 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.

Ways to get to the Titusville Senior Center

SHARED RIDE SERVICES

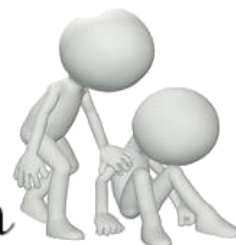
CATA operates a Door-to-Door transportation program for area residents. The roundtrip cost to get to the **Titusville Senior Center** is only \$2. Reservations must be made prior to 2PM the day before by calling the

Titusville Senior Center at (814) 827-9134.

CATA GO

CATA GO is an on-demand service, just tell them where you're at and where you want to go. If you are age 65 and older and registered with **CATA**, you can ride **CATA GO** for FREE! For more information about **CATA GO**, contact **CATA** or the **Titusville Senior Center**.

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.