



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

4/27	12:45 PM 1:00 PM	Pinochle Party Alzheimer's/Dementia Support Group with Hospice of Crawford County
4/28	10:30 AM	Healthy Steps in Motion
4/29	12:45 PM	Bingo
4/30	10:30 AM	Healthy Steps in Motion
5/1	9:00 AM	<u>Craft Show Preparations</u>
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5/2	10:00 AM	<u>TASCC Spring Craft & Vendor Show</u>
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5/4	12:45 PM	Pinochle Party
5/5	10:30 AM 12:45 PM	Healthy Steps in Motion Highway Safety Network
5/6	12:45 PM	Bingo
5/7	10:30 AM	Healthy Steps in Motion
5/8	10:00 AM	<u>Creator's Cove Craft</u>
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5/11	12:45 PM	Pinochle Party
5/12	10:30 AM	Healthy Steps in Motion
5/13	12:45 PM	Candy Land Bingo
5/14	10:30 AM 12:45 PM	Healthy Steps in Motion <u>Crushed Glass Class with Savory Studio</u>
5/15	11:00 AM 12:00 PM 12:45 PM	Blood Pressure Screenings <u>Birthday Luncheon</u> <u>Senior Council</u>
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5/18	12:45 PM	Pinochle Party
5/19	10:30 AM	Healthy Steps in Motion
5/20	12:45 PM	Speed Bingo - We go FAST!
5/21	10:30 AM	Healthy Steps in Motion
5/22	9:00 AM	<u>Breakfast Club - Eat & Play!</u>
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5/25	CLOSED: Memorial Day	
5/26	10:30 AM 12:45 PM	Healthy Steps in Motion <u>Health & Nutrition Fun with Adagio</u>
5/27	12:45 PM	Bingo
5/28	10:30 AM	Healthy Steps in Motion
5/29	9:00 AM 9:30 AM	Donuts <u>Uno Tournament</u>



adagioHEALTH

delivering care.
educating communities.

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

May

Monday	Tuesday	Wednesday	Thursday	Friday
 1c Tortellini w/ Sausage Meat Sauce 1/2c Garlic Green Beans 1/2c Warm Peaches Breadstick Cookie 	 United Way of the Titusville Region 4oz Sweet & Sour Chicken 1/2c Brown Rice 1/2c Broccoli 1 Wheat Bread Apple 	 BBQ Pork Ribette 1/2c Buttered Pasta 1/2c Brussel Sprouts 1 Sandwich Roll 1/2c Pineapple Delight	 Chicken, Spinach & Cranberry Sala w/ Dressing 1c. Mixed Greens & Spinach 1c Cream of Cauliflower Soup Dinner Roll 1/2c Pudding	3oz Roast Beef w/ 2oz Gravy 1/2c Mashed Potatoes 1/2c Coin Carrots 1 Italian Bread 1/2c Peach Crisp
1c Chili with .5oz Cheese 1 Baked Potato 1/2c Corn Cornbread Cookie 18	3oz Swiss Steak w/ 2oz Gravy 1/2c Cabbage & Noodles 1/2c Green Beans Wheat Bread 1/2c Pineapple Delight 19	3oz Baked Meatloaf w/ 2oz Gravy 1/2c Garlic Whipped Potatoes 1/2c Sliced Carrots Wheat Bread Fresh Fruit  20	3oz Pork LoIn w/ 2oz Creamy Mushroom Sauce 1/2c Brown Rice 1/2c Broccoli 1/2c Blushed Fruit  21	Breaded Dill Chicken Sandwich w/ Lettuce & Tomato 1/2c Roasted Potatoes 1/2c Coleslaw 1/2c Applesauce Hamburger Bun Ranch Dressing 22
3oz Beef Stew w/ 2oz Gravy 1/2c Potatoes 1/2c Mixed Vegetables White Bread 1/2c Peaches  18	Grilled Chicken Salad (2oz Chicken, Cheddar, HB Egg over 1c Mixed Greens) 1c Cream of Broccoli Soup 1 Dinner Roll 1/2c Fruited Gelatin 19	Pasta & Meatballs (4) 1/2c Pasta w/ 2oz Alfredo Sauce 1/2c Green Peas & Pearl Onions Breadstick Apple  20	1c Cabbage Roll Casserole 1/2c Garlic Whipped Potatoes 1/2c Carrots 1 Dinner Roll Oatmeal Pie Cookie 21	4oz Sweet General Tso's Chicken 1/2c White Rice 1/2c Garlic Broccoli Wheat Bread 1/2c Pineapple Tidbits 22
Memorial Day  25	3oz BBQ Ham Sandwich 1 Slice Provolone Cheese 1/2c Green Beans 1/2c Coleslaw 1/2c Warm Spiced Apples Hamburger Bun  26	3oz Chicken Cutlet w/ 2oz Country White Gravy 1/2c Mashed Potatoes 1/2c Brussel Sprouts Wheat Bread 1/2c Blushed Fruit 27	3oz Pepper Steak w/ 1oz Tomato Sauce, 1oz Peppers, 1oz Onion 1 Roasted Potato 1/2c Carrots Wheat Bread 1/2c Gelatin *menu subject to change 28	Creamy Tuna Salad Sandwich 1/2c Broccoli Salad 1/2c Diced Beets Sandwich Bun Orange  29

Lunch is a suggested \$3.00 donation.

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

From the Director...MAY

We're kicking off the month with our Spring Craft & Vendor Show on May 2! We have a great lineup of local artisans and vendors, and we encourage everyone to stop by and support them. We'll also be hosting a bake sale and are still in need of baked good donations and volunteers to make the day run smoothly. If you're able to help in any way – including donating items for our craft table or silent auction – we'd greatly appreciate it!

We're also excited to share that our tiny but mighty fitness center is now open! This new space offers another way to stay active right here at the Center. We hope you'll check it out and give it a try! Other ways to be active include our Healthy Steps in Motion exercise class on Tuesdays and Thursdays, and Park Walking! Weather permitting, our park walkers meet every Monday, Wednesday, and Friday at 10:00 am to walk the loop around Burgess Park. Exercise is always more fun with friends – we hope you'll join us!

As we head into a busy season, a quick reminder: what makes the Center special is our community. Not every activity (or person) will be for everyone – and that's okay – but we ask that everyone remain respectful and allow others to enjoy what they love. We aim to keep the Center a welcoming, positive space, and we each play a role in creating that environment. A smile, a little encouragement, patience and a positive, respectful attitude go a long way in making the Center a place people enjoy!

Our Attendance Raffle will continue, with entries earned by attending activities hosted by, or involving, a guest. One opportunity is Digital Literacy Mondays in partnership with the Titusville Regional Literacy Council, available from 10:30 am – 2:30 pm for 1:1 help with phones, tablets, computers, and so much more!

While we love to see your smiling faces, reservations for lunch are required two business days in advance (preferably by noon). This allows The Nutrition Group time to prepare meals. Lunch is served at noon for a suggested \$3 donation. Please help us by making your reservations!

Our fundraisers play an important role in keeping programs and services available to our community. Whether you participate, donate, volunteer, or help spread the word – every bit helps, and we truly appreciate it! Don't forget to grab your monthly 50/50 raffle tickets when you stop by!

Our game room, craft room, puzzle table, communication lab, exercise room, lending library, TV room, porches, coffee counter, and snack bar are all open during normal business hours. It's our mission to assure that older adults remain active, independent, healthy, and involved in the community. Visit www.goseniors.org for our newsletter, schedule, and menu – or find us on Facebook!

See you soon,

Ashley

Spring Craft & Vendor Show

ARTS, CRAFTS & GOODS BY LOCAL
ARTISANS + VENDORS
Kitchen will be open.

Saturday, May 2nd
10:00 am - 3:00 pm

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



Monday, April 27

Pinochle Party



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

Alzheimer's/Dementia
Support Group
1:00 PM with:



HOSPICE

of Crawford County, Inc.

Bringing Compassionate Care To Your Journey

Tuesday,

Apr. 28 Healthy-Steps



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

Wednesday, April 29



12:45
Fun Prizes!
\$25
Jackpot!



INTERNET



TELEVISION



TELEPHONE

ARMSTRONG®

Keeping you **connected:**

ArmstrongOneWire.com • 1.877.277.5711

Thursday,

Apr. 30 Healthy-Steps



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

Healthy Steps in Motion
was developed by:



Friday, May 1



9:00 AM

Breakfast

10:00 AM

Craft Show Preparations

Monday, May 4

Pinochle Party



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

DIGITAL LITERACY MONDAY



TITUSVILLE
Senior Center

714 E. Main St. | Titusville, PA

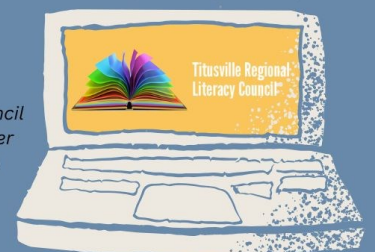
goseniors@zoominternet.net

(814) 827-9134

www.goseniors.org

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.

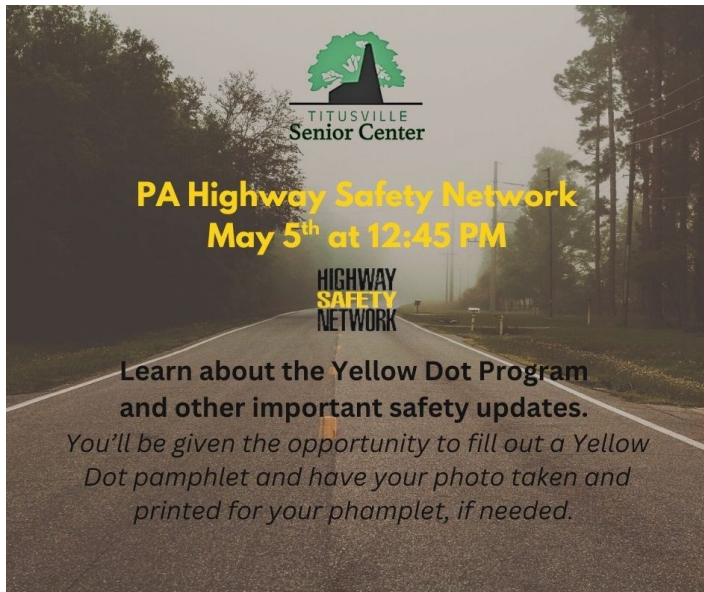


Tuesday, May 5 **Healthy-Steps**



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

Healthy Steps in Motion
was developed by:



Wednesday, May 6



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

Thursday, May 7 **Healthy-Steps**



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

Healthy Steps in Motion
was developed by:



www.goseniors.org

Friday, May 8



Join us in the Craft Room at 10:00 AM

Monday, May 11



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

Tuesday, May 12 **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



<https://community.copilot21.com>

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

Wednesday, May 13

CANDY LAND

BINGO

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

Thursday,
May 14 HealthySteps

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

Healthy Steps in Motion was developed by:



Friday, May 15

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!



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

"Savory STUDIO" crushed glass ART!

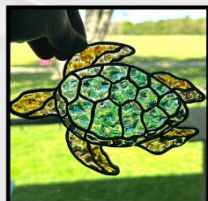
Thursday, May 14th @ 12:45 PM

Titusville Senior Center

714 E Main St
Titusville, PA 16354

\$20

6" Designs



Turtle



Dragonfly



Butterfly

Monday, May 18

Pinochle Party



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

Tuesday,
May 19 **Healthy-Steps**



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

Healthy Steps in Motion was developed by:



Wednesday, May 20



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

Thursday,
May 21 **Healthy-Steps**



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

Healthy Steps in Motion was developed by:



Friday, May 22

THE Breakfast CLUB



Tuesday,
May 26 **Healthy-Steps**



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

Healthy Steps in Motion was developed by:



12:45 PM

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



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

Wednesday, May 27



12:45

Fun Prizes! \$25 Jackpot!

Thursday,
May 28 **HealthySteps**



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

Healthy Steps in Motion was developed by:



Friday, May 29

Coffee and **donuts** **9:00 AM**



Senior Center Council

April 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** – May Uno Tournament
- **Trips** – No new suggestions
- **Fundraisers** – Looking for volunteers and baked goods for Craft Show
- **Speakers & Guests** – Community members, leaders, organizations & businesses
- **Miscellaneous** – Emergency planning

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

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



JOIN US FOR A WALK IN THE PARK!



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

Weather permitting. Meet in the Center.

MARK & MARSHA SEELEY

Owners

SEELEY MEMORIALS

11664 Hydetown Rd.
Titusville, Pa 16354

827-4281 / (814)493-4617

seeleymemorials@gmail.com

www.seeleymemorials.com



Word Search

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H H U F K Z L I O E Z G T L F
F U D F N I I U U M V Z H V Y

May
May Day
Mother's Day
Flowers
Spring
Cinco de Mayo
Garden
Memorial Day
Butterfly
Ladybug
Plants
Grass





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



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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.