



TITUSVILLE Senior Center

September

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

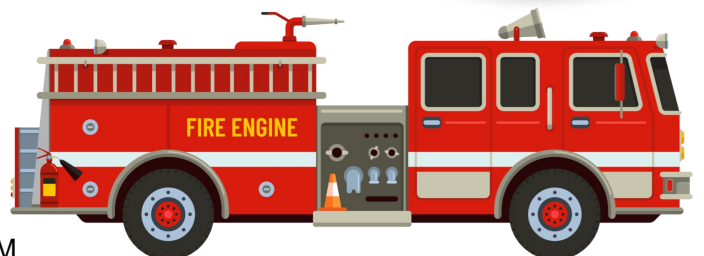
Website: www.goseniors.org

What's happening

9/1	CLOSED for Labor Day
9/2	10:30 AM Healthy Steps in Motion
9/3	Banana Lovers Day: Wear Yellow!
	12:45 PM Bingo
9/4	10:30 AM Healthy Steps in Motion
9/5	9:00 AM Breakfast
	10:00AM Rise & Shine Pinochle
9/8	12:45 PM Pinochle Party
9/9	International Sudoku Day!
	10:30 AM Healthy Steps in Motion
9/10	12:45 PM SPEED BINGO - We Go Fast!
9/11	10:30 AM Healthy Steps in Motion
9/12	10:30 AM Creator's Cove
	Sunflower Paintings with Gwen
9/15	Country Music Day - dress the part!
	12:45 PM Pinochle Party
9/16	10:30 AM Healthy Steps in Motion
9/17	12:45 PM Bingo
9/18	10:30 AM Healthy Steps in Motion
9/19	11:00 AM Blood Pressure Screenings
	12:00 PM Birthday Luncheon
	12:45 PM Senior Council
9/22	Rice Krispies Treat Day!
	12:45 PM Pinochle Party
9/23	10:30 AM Healthy Steps in Motion
9/24	12:45 PM Boo-Bingo!
9/25	10:30 AM Healthy Steps in Motion
9/26	9:00 AM Donuts & Coffee
	10:00 AM Games & Good Company
9/29	12:45 PM Pinochle Party
9/30	10:30 AM Healthy Steps in Motion
10/1	12:45 PM Bingo
10/2	10:30 AM Healthy Steps in Motion
10/3	9:00 AM Breakfast
	10:00 AM Fire Safety Day with Fire Dept.



BANANA LOVERS' DAY



Park Walking - Mondays, Wednesdays & Fridays @ 10 AM
Meet at the Center to walk the loop around Burgess; weather permitting.

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

September

Monday	Tuesday	Wednesday	Thursday	Friday
Happy Labor Day! 	1 4oz Sloppy Joe 1/2c Roasted Sweet Potatoes 1/2c Cauliflower 1 Hamburger Bun Oatmeal Cream Pie	2 3oz Balsamic Chicken Casserole 1/2c Rosemary White Beans 1/2c Tomatoes & Zucchini 1 Garlic Breadstick 1/2c Pineapple Tidbits NEW ITEM	3 Baked Crab Cake 1/2c Italian Tomatoes 1/2c California Blend Vegetables 1 Wheat Bread 1/2c Pudding	4 Vegetable Lasagna 1c Tossed Salad 1/2c Green Beans 1 Dinner Roll 1 Cookie
8 3oz Salisbury Steak w/ 2oz Gravy 1/2c Roasted Cubed Potato 1/2c Broccoli 1 Wheat Bread Apple	9 Roast Beef Sandwich (3oz Roast Beef) w/ 1 slice Provolone Cheese 1/2c Cauliflower 1 Hamburger Bun 1/2c Pears	10 3oz Kielbasa w/1oz Sauerkraut 1/2c Homemade Haluski 1/2c Brussel Sprouts 1/2c Applesauce NEW ITEM	11 Cheeseburger 1/2c BBQ Baked Beans 1/2c Three Bean Salad 1 Hamburger Bun 1/2c Mandarin Oranges	12 3oz Open Faced Turkey Sandwich w/ 2oz Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn 1 White Bread 1 Cookie
15 3oz Sausage Gravy 1 Biscuit 1 Egg Bite 1/2c Diced Potatoes 4oz Orange Juice	16 Grilled Chicken Salad (2oz Chicken, Cheddar, over 1c Mixed Greens w/ Tomato) 1/2c Beets 1 Dinner Roll 1/2c Pudding	17 Swedish Meatballs (4) 1/2c Buttered Noodles 1/2c Peas 1 Dinner Roll Apple 	18 Sweet & Sour Pork 1/2c Brown Rice 1/2c Broccoli & Cauliflower Blend 1 Wheat Bread Orange	19 1c Chili 1/2oz Cheddar Cheese 1c Tossed Salad w/ Tomato Cornbread 1/2c Warm Applesauce
22 Breaded Fish 1/2c Macaroni & Cheese 1/2c Stewed Tomatoes 1 Wheat Bread Orange	23 3oz. Meatloaf w/2oz Gravy 1/2c Roasted Potato Cubes 1/2c Carrots 1 White Bread 1/2c Applesauce	24 Pasta & Meatballs (4) 1/2c Pasta w/ Marinara 1/2c Green Beans 1 Italian Bread 1/2c Mixed Fruit	25 3oz Pork Loin w/ 2oz Creamy Mushroom Sauce 1/2c Brown Rice 1/2c Broccoli Dinner Roll 1/2c Peaches	26 Stuffed Pepper Casserole 1/2c Garlic Whipped Potatoes 1/2c Carrots 1 White Bread 1/2c Pudding
29 4oz Chicken Salad Sandwich 1/2c Potato Salad 1/2c Pickled Beets Hamburger Bun Fresh Fruit	30 3oz Roast Beef w/ 2oz Gravy 1/2c Mashed Potatoes 1/2c Coin Carrots 1 Italian Bread Oatmeal Cream Pie	Happy September! 	United Way  United Way of the Titusville Region	The Nutrition Group 

Lunch is a suggested \$3.00 donation. Reservations are required two business days ahead by calling or emailing the Center.

From the Director...September

The air is getting crisp, and it seems fall is knocking at our door! We will be gearing up for some themed days this month and looking forward to our usual Fall Favorites – Fall Foliage Trip to Kinzua, Monster Mash, Kraynak's Trip and some new programs to come as well – stay tuned! Our Attendance Raffle continues this month, allowing you to earn a ticket each time you attend an activity hosted by or involving a guest. One lucky winner will receive a \$20 gas card at the end of the month!

Be sure to purchase your 50/50 Raffle tickets while you're here! Every ticket sold helps fund the programs, services and events we all enjoy. Don't forget – our game room (with our brand-new pool table!), craft room, puzzle table, communication lab, lending library, TV room, porches, coffee counter, and snack bar are all open during regular hours in addition to our scheduled events.

Please remember to make your lunch reservations at least two business days in advance. The Nutrition Group requires final counts by noon two business days ahead to allow time for purchasing and prep. As of July 1, the suggested lunch donation increased to \$3. You can make reservations by using CoPilot, filling out a dining card, emailing us at goseniors@zoominternet.net, or calling (814) 827-9134 and leaving a voicemail.


I truly enjoy getting to visit with all of you – it's one of the best parts of my job! That said, I kindly ask that you avoid dropping by my office when the door is closed unless it's an emergency or you have a scheduled appointment. Like many, I wear multiple hats and interruptions make it difficult to keep things running smoothly to complete tasks during normal hours. When this happens, it hinders time meant for fun here and leads to delays affecting time outside of work with my family. Your understanding allows me to be efficiently productive while enjoying the best parts of this job – you!

Please keep in mind that little kindness goes a long way – let's all do our best to be patient, avoid unnecessary complaints, and focus on the good! While it's natural not to connect with everyone, it is essential that we treat one another with courtesy and respect. A positive attitude helps create a welcoming and enjoyable environment for everyone – and it's contagious in the best way!

At Titusville Senior Center, our mission remains the same – to assure that older adults remain active, independent, healthy, and involved in our community. You can visit www.goseniors.org for our latest newsletter, calendar, and menu, or find us on Facebook for the most recent updates!


Here's to another month of fun, connection, and community!

- **Ashley**



GIVE AWAY


Attendance Raffle - \$20 Gas Card!!!



HOW TO ENTER:
Attend activities hosted by or involving a guest speaker!
Those may include:

- Community Coffee
- Guest Speakers
- Crafts with Guests
- Cooking & Nutrition with Adagio
- Healthy Steps with Guests
- Digital Literacy Thursdays

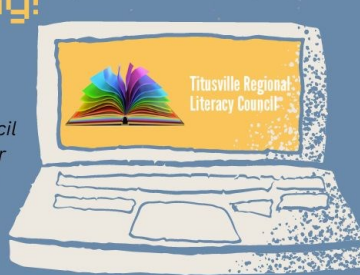
FOR MORE INFORMATION
(814) 827-9134
goseniors@zoominternet.net
www.goseniors.org



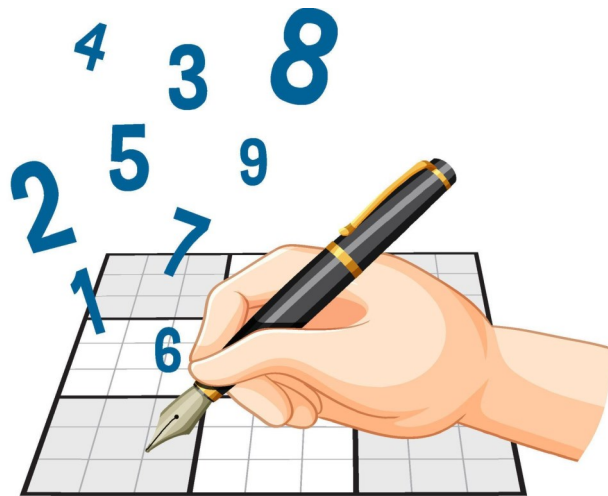
DIGITAL LITERACY THURSDAYS

Every Thursday!
10 am - 2 pm

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



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



S U D O K U

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	6				7	9	2	



TITUSVILLE Senior Center

Stop by to explore our open spaces - ready for you to enjoy alongside our regularly scheduled programming!

ALWAYS OPEN

Don't forget to swing by our complimentary coffee counter during your visit! To go option available.

Hours: 9 am - 3 pm

- ✓ Coffee Counter
- ✓ Snack & Breakfast Bar
- ✓ Craft Room & Puzzle Table
- ✓ Greeting Card Nook
- ✓ Communication Lab
- ✓ Game Room
- ✓ Massage Chair
- ✓ Lending Library
- ✓ Living Room / TV Room
- ✓ Porch Sitting Area

714 East Main Street | Titusville, PA
(814) 827-9134 | goseniors@zoominternet.net



WE WILL BE CLOSED ON LABOR DAY



Tuesday, Sept. 2 Healthy-Steps



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

Healthy Steps in Motion was developed by:



Wednesday, Sept. 3

BANANA LOVERS' DAY



12:45
Fun Prizes!
\$25
Jackpot!

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

Thursday, Sept. 4 Healthy-Steps



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

Healthy Steps in Motion was developed by:



Friday, Sept. 5



9:00 AM

Rise & Shine Pinochle Party



10:00 AM ~ **\$1 to play** ~ Eat Breakfast first!

Monday, Sept. 8

Pinochle Party



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

Tuesday, Sept. 9 Healthy-Steps



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



**INTERNATIONAL
SUDOKU DAY**
9th SEPTEMBER

Wednesday, Sept. 10



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

Thursday, Sept. 11 Healthy-Steps



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

Healthy Steps in Motion was developed by:



Friday, Sept. 12

Creator's Cove



10:30
Sunflower Paintings with Gwen



INTERNET



TELEVISION



TELEPHONE

ARMSTRONG®

Keeping you **connected**:

ArmstrongOneWire.com • 1.877.277.5711

Monday, Sept. 15



INTERNATIONAL COUNTRY MUSIC DAY

Dress the part!

Pinochle Party



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

Tuesday, Sept. 16 Healthy-Steps



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

Healthy Steps in Motion was developed by:



Wednesday, Sept. 17



12:45
Fun Prizes!
\$25
Jackpot!



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



www.goseniors.org



Did You Know?

- Titusville Senior Center is a 501 (c) 3 Non Profit.
- We were organized in 1959, and incorporated in 1977.
- You only have to be 60 years old to visit and hang out with us! However, many of our activities & all fundraisers are open to the public.
- We serve seniors in the greater Titusville area. Because of our unique location that includes Crawford, Venango, Forest, Warren, & Erie Counties.
- The property was donated to the City by the Burgess Family, and we've leased space here from the City since the Center's opening.
- While we do receive some government funding, we rely on grants, fundraising and the generosity of private donors to keep our doors open and our Center adequately staffed.
- We are always looking for new friends!

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

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
goseniors@zoominternet.net

Small Games License #20180126

Thursday, Sept. 18 **Healthy-Steps**



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

Healthy Steps in Motion was developed by:



Friday, Sept. 19 *September* 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!



Find us on
Facebook

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

Monday, Sept. 22 **RICE KRISPIES TREATS**



Pinochle Party



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

Tuesday, Sept. 23 **Healthy-Steps**



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

Healthy Steps in Motion was developed by:



Wed, Sept. 24 ~ 12:45

FUN PRIZES ~ \$25 Jackpot!

Thursday, Sept. 25 **Healthy-Steps**



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

Healthy Steps in Motion was developed by:



Friday, Sept. 26



Coffee & Donuts

9:00 AM



Monday, Sept. 29



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

Tuesday,
Sept. 30



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

Healthy Steps in Motion was developed by:



Wednesday, Oct. 1

BINGO!

Join us at 12:45

Fun Prizes!

\$25 Jackpot!

Thursday,

Oct. 2 **Healthy Steps**

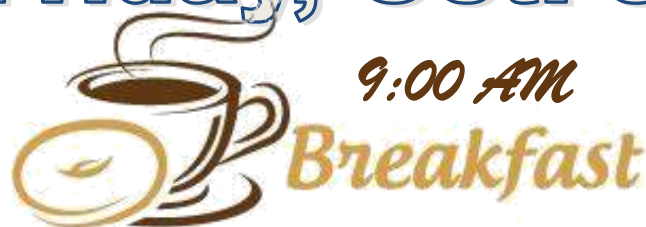


10:30 AM ~ This **FREE** class focuses on increasing flexibility and balance.

Healthy Steps in Motion was developed by:



Friday, Oct. 3

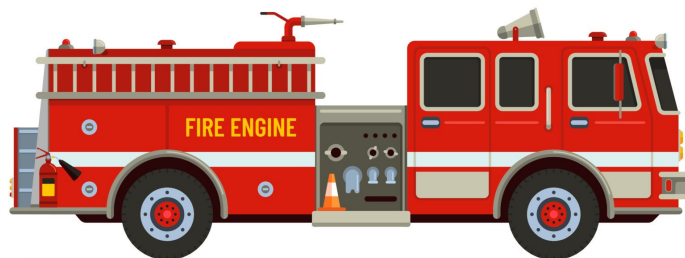


9:00 AM

Fire Safety Tips & Extinguisher Training

at 10:00 AM with the
Titusville Fire Department

We'll get information from local firefighters about fire safety and how to operate a fire extinguisher with the chance to try it yourself!



MARK & MARSHA SEELEY
Owners

SEELEY MEMORIALS

11664 Hydetown Rd.
Titusville, Pa 16354

827-4281 / (814)493-4617

seeleymemorials@gmail.com
www.seeleymemorials.com

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

*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.

Senior Center Council

August 15, 2025

Johnna Kushner
Wendy Wright
Mary Carol Cartney
Ellen Booth
Lew Cooke
Donna Goodwill

President
Vice President
Secretary
John Vasbinder
Pat Vasbinder

Suggestions & Discussions:

- **Programming** – Themed Days, October Fire Safety Day
- **Trips** – Kinzua in October, Kraynak's in November
- **Fundraisers** – 50/50 Raffle, Monday Bingo Night
- **Speakers & Guests** – Therapy Dogs, Tamarack, Dementia, Insurance
- **Miscellaneous** – Continue to invite media outlets to activities, Consider open house in evening for public

BEFORE YOU COMPLAIN -
ASK YOURSELF...



-HAVE YOU VOLUNTEERED?

-DO YOU HAVE POSITIVE GOALS TO CONTRIBUTE?

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



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

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Community Center at Burgess Park**

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Website: www.goseniors.org

Titusville Area Senior Citizens Corporation Board of Directors

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

Titusville Senior Center Council

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

Titusville Senior Center Staff

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



Price Change

Effective July 1, 2025, the suggested meal donation will increase to \$3.00 per meal, more if you are able.

- The actual cost of a meal eaten in the Center is \$5.12, and curbside meals cost \$5.30.
- State & Federal monies cover less than \$0.75 per meal.
- In the last 25 years, the suggested donation has only increased \$1.75. The last increase was in January 2018, while cost to provide meals has continue to increase.
- Please note, no individual will be denied a meal because of the inability to make a donation.

(814) 827-9134
www.goseniors.org

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