

Some Highlighted County Menus Coming In February

Feb 2 Spiral Pasta w/Meat Sauce Turkey)	Feb 9 Chili (beef)	Feb 21 Penne & Turkey Meatballs
Feb 5 BBQ Pulled Pork Sandwich	Feb 13 Tuscan Chicken w/sauce	Feb 23 Tuna Salad & Potato Salad
Feb 6 Tuna Salad / Rice Salad	Feb 16 Baked Ziti with 4 cheeses	Feb 28 Chicken Salad
Feb 7 Stuffed Peppers (beef)	Feb 19 Cowboy Burger w/onions& mushroom	

Visit Café Plum from 11-2 for the Very Best Lunch in Plum!!!!

Enjoy Soup and Specials of the day!!

Try our Fresh Wraps: Steak, Chicken, Veggie.

Begin Anew in February with the Café's Salads...Cranberry Apple Nut, Grilled Chicken and more.

Take a Break with our delicious Philly Cheese Steak and Pepper Hoagie.

Feb 14<sup>th</sup> Ash Wednesday, Lent begins. Try our 9" Fish (also Medium and Small) on a bun/dish with fries, slaw and a drink.

Yummy chicken and fish baskets available.

Join a friend or make a new friend over a cup of freshly brewed coffee.

The Virtual Senior Academy ...

You may be asking at this point what is the Virtual Senior Academy????

The Jewish Healthcare Foundation has developed a web-based platform to connect seniors in Pittsburgh to their peers through interactive online classes all for FREE.

WE at the Plum Community Center are very pleased to announce that we are a partner in this New Venture!!

Come to the Center and check out the Conference Room Classroom that we have developed with all the new equipment to facilitate these interesting classes!!

Receive Center Bucks and a FREE COFFEE or COLD Beverage for participating in any or all of the Following Classes...

**New for 2018! Earn *Center Bucks* during February & March!!!!**

Earn a \$25 gift card by participating in the following programs:

One buck for eating a congregate meal – see page 4 for some special menus!

One buck for taking a Virtual Senior Academy class – see page 4 for classes.

One buck for taking a CCAC class coming in February.

Earn \$25 bucks from Maria to get your gift card to local restaurants when you reach 25 *Center Bucks* by April 1st!!!

Mission Statement

Plum Senior Community Center is a warm and welcoming place, where seniors can access resources and support, stay healthy, enjoy recreational activities, build friendships, and give back to the community.



# Plum Community Center February 2018



Hours of Operation:

Monday—Friday 9:00—4:00  
412-795-2330

**Nina Segelson**—Exec. Director

**Earlene Wolfe**—Information & Referral  
412-744-4862

**Valerie Miller**—Information & Referral  
412-744-4860

**Toni Franco**—MOW 412-744-4861

**George Carabin**—Bookkeeper  
412-744-4860

**Maria Schafer**—Program Coordinator  
412-744-4844



*Love is*



- ◆ Getting a new teddy bear and scarf from senior center friends through the *Share the Love* program for Meals on Wheels folks.
- ◆ Getting a new robe from a delivery driver friend.
- ◆ Giving a new robe to a homebound senior.
- ◆ Enjoying the little voices from Center Elementary who sang Christmas songs for seniors.
- ◆ Coming out to pack meals in icy snow.
- ◆ Decorating the Center with beauty and grace for all to enjoy.
- ◆ Edith Mellon, long time member, leaving us \$1000 in her will.
- ◆ Bringing snacks and goodies in for your friends to enjoy.
- ◆ Receiving Beautiful Christmas Cards from the Children at Regency and Center Elementary School.
- ◆ When dedicated drivers come out in Minus 0 weather to deliver meals. When a 102 year old woman hand writes a “thank-you” note for the beautiful gifts.

Are You experiencing the Winter Blues????

Come Beat those Winter Blues with DJ Ron on February 8th !!!

A Dinner Dance is Planned here at the Center!!

Pasta Dinner from 5-6 from Café Plum!!

Music & Dancing from 6-8/ BYOB

Music & Dancing from 6-8!!



SUPPORT GROUPS AND SERVICES

A number of support groups and services meet at PCC:

Stroke Support Group: 2nd and 4th Thursday of each month, 11:30 am @ Center. 1st and 3rd at Monroeville

Neighborhood Legal Services: 2nd Friday of the month, Appointments are required. For more information, call 412-798-2330.

Caring Circle: The Care-givers group is on February 20<sup>th</sup> from 6:00 – 7:30 PM.

February Activities ...

- ♦ Mon. Feb. 5th - "Yoga" 4:30-5:15
- ♦ Tues. Feb. 6th - "Neil Diamond" hits performed by Chris Denem at Light House Point At Chapel Harbor . 2:30 pm. (Transportation on Your Own)
- ♦ Thursday Feb.8th- " Winter Blues Dinner & Dance". "Pasta Dinner" 5-6 "Dancing to 50's, 60's, 70's 6-8. Tickets in Advance \$10.00
- ♦ Mon. Feb. 12th - " Devices Questions & Answer Day with Ed. Lampert from Community College" 9-3.
- ♦ Tues. Feb. 13th- " Valentine Make-Up Tips" with Bella Capelli Academy!!!
- ♦ Wed. Feb.14th - " Blood Pressure Screening" with Kathy from Bill's Hometown Pharmacy.
- ♦ Wed. Feb.14th - " Valentine's Day" " Enjoy Music with our very own Country Band & a Sweet treat from the Café."
- ♦ Tuesday Feb. 20th- " Healthy Steps for Older Adults Class" 9:30-12. Receive a \$10.00 Shop & Save Gift Card!!!!
- ♦ Wed. Feb. 21 - "Sam's Club" 10:30-12
- ♦ Mon. Feb. 26th " New Yoga Class" 11:15-12:45 with Leslie!
- ♦ Wed. Feb. 28th "Blood Pressure Screening" with Kathy from Bill's Hometown Pharmacy.

Live, Love, Laugh, & Line Dance

Come Join Us On Tuesday Mornings at our beginners Line Dancing Class !!!! Six Sessions starting March 13th.

\$ 2.00 each class!!!

Judy, Our Instructor will have you dancing in 10 minutes!!!

The Very Best Exercise for Body, Mind and Spirit according to Albert Einstein!!!

For More Information ... Call Maria 412-795-2330

Community College Class...

Stress Less in 2018!!!

Tues. March 6th & 13th

Learn Strategies to Manage Life in a Positive Light!!!!

Receive Center Bucks for

Attendance!! See Maria!!!!

Age is merely the number of years the world has been enjoying you.

*Someday we old folks will use cursive writing as a secret code!*

Birthday Flowers from "Flowers in the Attic"  
Birthday Cake from "Shop and Save" Rte. 286

**ASK OUR SPECIALISTS**

Let our specialists answer your questions about benefits, resources, and programs.

**Q** How do I apply for Meals on Wheels?

**A** Call Earlene 412-795-2330

**Q** Do you rent space for meetings or events?

**A** Yes, we have 2 rooms available for rent. The Community Room can hold 125 people and the café area can hold 80 people. Call 412-795-2330 ext. 4703 for more information

**Q** I would like to volunteer at your center. Who should I contact?

**A** There are a variety of ways for you to volunteer at the Center. Please see any staff member or call Maria at 412-744-4844

DAILY ACTIVITIES

Monday

- 9:15: Low-Impact Aerobics
- 10:30: Silver Sneakers
- 11:30: Daily Lunch
- 12:30: Bingo
- 1:00: Poetry Café ( 1st Mon. )

Tuesday

- 11:30: Daily Lunch
- 12:30: Dominoes
- 12:45: Poker / 500
- 6:00: Care-givers group (3<sup>rd</sup> Tuesday)

Wednesday

- 9:00: Crafts
- 9:15: Silver Sneakers Cardio
- 10:30: Silver Sneakers
- 11:30: Yoga
- 11:30: Daily Lunch
- 11:30: Birthday Party (3<sup>rd</sup> Wed.)
- 12:30: Band and Dancing
- 12:45: Euchre
- 6:30: Tai Chi

Thursday

- 9:30: Beginning Line Dancing
- 10:00: Line Dancing
- 11:30: Daily Lunch
- 11:30: Stroke Group- 2<sup>nd</sup> & 4<sup>th</sup> Thurs.
- 12:30: Bingo

Friday

- 9:15: Low-Impact Aerobics
- 10:30: Silver Sneakers
- 11:30: Silver Sneakers Yoga
- 11:30: Daily Lunch
- 12:30: Game Day

**New York Trip**

\$579.00 Sept 28—Oct 2, 2018

5 days 4 nights

Sign up at the Center.

Earlene Wolfe 412-744-4862

Deposit of \$75.00 due March 30th.

Remaining due July 16th.

Some sights include: 9/11 Museum, Ellis Island, Statue of Liberty and more.

**Get Moving in 2018 at the Plum Community Center ...**

**New Tai Chi Class beginning on Wed. Evenings**

**Feb. 7th from 6:30-7:30 6 sessions for \$36.00**

**Improve Balance**

**Reduce Stress**

**Promote Joint Health**

Email Questions To: [mschafer@plumboro.com](mailto:mschafer@plumboro.com)