

Some Highlighted County Menus Coming In March

Mar. 1 Beef Teriyaki Meatballs
 Mar. 2 Baked Cod Florentine
 Mar. 7 BBQ Pork,
 Mar. 8 Beef Meatloaf w/gravy

Mar. 9 Tuna Salad
 Mar. 12 Apple Spice Pork w/sauce
 Mar. 13 Chicken Dinner Salad w/egg/spinach
 Mar. 15 Corned Beef & Cabbage

Mar. 20 Cold Roast Beef w/Swiss Ch
 Mar. 21 Beef Stuffed Cabbage
 Mar. 26 Beef Chili,
 Mar. 27 Pork ala Pizzaiola w/sauce



AT CAFÉ PLUM
All FRIDAYS DURING LENT
11:00-2:00

9" Beer Battered Cod W/Fries /Slaw/Drink	\$9.00
Medium or Small Cod Sandwich w/fries/slaw/drink	\$6.00-7.95
Cod Nuggets w/fries/slaw/drink	\$7.25
Shrimp Basket w/fries/slaw/drink	\$7.50

OTHER ITEMS WHEN AVAILABLE:

- Tuna Salad on a Croissant
- Fish Tacos- Coleslaw-Macaroni Salad
- Homemade Soup \$ 8.00 QUART/ BOWL- \$4.50
- Desserts

CALL AHEAD TO PLACE ORDERS **412-795-2330**

LOCATED INSIDE THE PLUM COMMUNITY CENTER 499 CENTER NEW TEXAS RD. PLUM

Do you want to be the coolest Grandparent??? TAKE AN "ONLINE CLASS" with the "Virtual Senior Academy" right here at the Center!!! Receive Center BUCKS and a free COFFEE or BEVERAGE of choice!! Sign-Up Today!!! See Maria!!

March 6th 11am "Telling Your Story"

March 6th 1pm. "African Dance Class"

March 8th 1pm "The Great Allegheny Passage"

March 20th 1pm. "African Dance Class"

March 22nd 2pm "Women In Nature" take a Virtual Walk to North Park.

Don't Miss the "Spring Fling Dance" March 15th from 6-8!!!

New for 2018! Earn Center Bucks during 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!

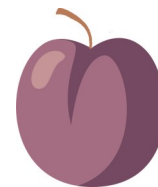
One buck for taking a Virtual Senior Academy class – see page 4 for classes.

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
March 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

Message from the Staff

To those who missed our rockin' **Dance** in February, you have a chance to catch up with our swingers on March 15. DJ Ron will be back playing the hits of the 50s, 60s and 70s. Our Café is once again preparing a special meal: Chicken Marsala. All this for \$10 in advance or \$12 at door. So have yourself a **Spring Fling** with us from 5 to 8 pm on **March 15**.

There is only one person who will be achieving his **free \$25 gift card** to a local restaurant at the end of March. 'Tis a pity, because we have more cards and few contenders. Remember, you can earn **Center Bucks** by eating a congregate lunch, attending a CCAC class at the Center (Yoga Stretch or Stress Less) or view a Virtual Senior Academy session to earn **Center Bucks**.

When you have earned \$25 (and we can go back and retrieve your bucks from January and February for you,) you will be given your reward. One of the reasons behind this "game" is that there is always the possibility that free services like those mentioned above, could be yanked due to lack of participation. That would be a big loss to our Center. And the convenience of being able to have a hot meal at lunch time is certainly a service worth keeping. We think that if you try it once, or give it a second try in some instances, you will love the convenience without the guilt of fast food or without messing up your kitchen.

*Don't forget that we can also accommodate your Lenten needs at our **Café**. Have you ever tried the **Cod Nuggets**? Yummm!*

Thank you to these donors in memory of member **Catherine Sapienza**:

The Ferchak Family
 Ed and Margie Squiller
 Craig and Kelly Lockenstein
 Loraine Kay Taylor
 Barry and Debbie Mellor
 John and Helen McDermott

Thanks to Catherine's family for suggesting these donations to our vital Meals on Wheels program.

**Italian Class Coming In April on Tuesday Evenings!!!
 Learn the Italian Language, Culture, Food, Traditions!!!**

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 March 20th from 6:30-8. Caring Hospice & Family Advocate from the AAA will be here to present.

Activities for March...

- **Mon. March 5th** “Yoga & Breathing Techniques” with Anne 4:30-5:15
- **Mondays in March** beginning March 5th “Yoga with Leslie & Community College” 11:15-12:45
- **Tues. March 6th** – “Community College Presents... Stress Less Class” 10-11:30
- **Fri. March 9th** Come Create “Spring Chickie Bird Cards” with Diane Pavlick 10-11:30
- **Tues. March 13th** - “Community College Presents ... Stress Less Class” 10-11:30
- **Tues. March 13th** - “Beginners Line-Dancing Class with Judy & Bud” 10:30-11:30 (each Tues. morning in March)
- **Tues. March 13th** - “Free Lecture from West Arm Physical Therapy on Treating Dizziness & Vertigo” 6:30pm
- **Wed. March 14th** - “Computer Device Class” with Ed. Lampert from Community College!! 9-3
- **Wed. March 14th** - “Blood Pressure Screenings” with Kathy from Bill’s Hometown Pharmacy
- **Thursday March 15th** – “Spring Fling Dance” With DJ Ron!!!
- **Tues. March 20th** – “Care Givers Support Group/Caring Circle” Caring Hospice to present & Family Advocate from AAA.” 6:30pm-8pm
- **Friday March 23-** Seniors for Safe Driving Class” 10-2



Plum Community Center
499 Center New Texas Road
Plum PA, 15239

Presents...

Live, Love, Laugh & Line Dance!!!!

Come Join US On Tuesday Mornings

At Our Beginners Line Dancing Class!!

“FREE”

Six Sessions starting on March 13, 2018

10:30 to 11:30

For more information CALL...

Maria 412-795-2330

Yoga Mondays at the Center!!!

Join Us... Beginning Monday March 5th thru May 14th!!!

Yoga with Leslie & Community College- Mondays- 11:15-12:45

Yoga/ Breathing Techniques with Anne- Mondays- 4:30-5:15

Friday March 9th from 10-11:30 Come Create Spring Chickie Bird Cards” with Diane Pavlick

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

Community College Class...

Stress Less in 2018!!!

Tues. March 6th & 13th 10-11:30

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

Receive Center Bucks for Attendance!!

See Maria!!!!

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
11:15: Yoga with Leslie & Comm College
11:30: Daily Lunch
12:30: Bingo
1:00: Poetry Café (1st Mon.)
4:30: Yoga/Breathing Techniques with Anne

Tuesday

11:30: Daily Lunch
12:30: Dominoes
12:45: Poker / 500
6:00: Care-givers group (3rd 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 (3rd 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- 2nd & 4th 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.

HomeMeds Medication Program Coming to the Center...

Are you interested in Learning more in regards to your Medications???

Are you at times overwhelmed or confused with your current medications???

See Maria & Val to Learn More about this HomeMeds Program in April!!!

Email Questions To: mschafer@plumboro.com