

Some Highlighted County Menus Coming In May Served from 11:30—12:15

May 1 Tuna Salad	May 10 Turkey ala King w/sauce	May 18 Beef Stuffed Pepper
May 2 Chicken Bst w/Mandarin orange glz	May 11 Mandarin Chicken Salad	May 23 Beef Porcupine Meatballs
May 3 Rotini w/beef meat sauce	May 16 Tuna Salad, potato salad	May 29 BBQ Beef w/sauce
May 9 Beef Meatloaf w/gravy	May 17 Turkey Meatballs w/Teriyaki	May 31 Beef Meatballs w/Springs

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 May with the Café's Salads...Cranberry Apple Nut, Grilled Chicken and more.

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

Yummy chicken and fish baskets available.

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

Call ahead to place orders [412-795-2330](tel:412-795-2330)

NUTRITION CORNER

Citation: DM. © 2018 Sports Medicine & Nutrition, University of Pittsburgh

For more information: eatright.org

Overview

- Nutrition Corner, the new edition to our monthly newsletter. In this section you'll find fun facts, nutrition information, and recipes to keep you geared up for the months to come!

May

- Did you miss the students Dietitians last month? Not to worry! Here's a quick recap of what they talked about:
 - ◇ Bone health and osteoporosis: Make sure to eat enough calcium (1200 mg/day) and Vitamin D (10-15 ug/day, depending on age) daily to enhance your bone density.
 - ◆ Calcium foods include dairy, leafy greens, and fortified foods
 - ◆ Vitamin D sources include the sun, fatty fishes and fortified foods
 - ◇ Meal planning for one? Not to fret! Follow these steps to maximize your meals.
 - ◆ Freeze the extra. Cook once, but eat twice (or more). Smoothies pack in dairy, fruit, and even vegetables for a perfect snack.

Calling ALL Grandparents!!!!

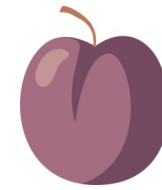
Community College Course in Celebrating Grandparenting!!

Come interact with fellow Grandparents sharing ideas, communication skills, accomplishments, and the many joys of the Grandparenting Role!!

Beginning May 1st, May 8th, May 15th / 1:15- 2:45

Care-Givers Expo!!!! May 18th 11-2

- Enjoy free Giveaways
- Learn Wellness Tools as a Care-Giver.
- Pampering Too.
- Lunch Provided



Plum Community Center

May 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

The Volunteers of the Plum Community Center are the Heart & Soul of the Center. We Thank-You for your dedication, hard-work, loyalty and for creating the positive energy that greets all that enter our Center!!

Save the Date ... May 17th from 6-9 for the next Volunteer Banquet!! Details coming your way soon!!!!!!!!!!!!

Cherie Sechoka
Center Volunteer of the Month

Cherie Sechoka has been a volunteer since Fall of 2006. Cherie has served at the Senior Center in very many ways that include Greeting at the Front Desk, Graphic Designer of tickets, flyers, posters for most of our fundraising events, organizer and facilitator of events. Cherie dedicates several hours to the Center completing these many tasks. Cherie refers to herself as a Senior Advocate due to her always taking special interest to her parents, grandparents, aunts and uncles as well as all the seniors that she comes in contact with here at the Center.

Cherie shared that this passion for the Seniors has enriched her life and has created the person and Mother she has become today. Cherie shared that her most cherished memories are from the many activities that she escorted seniors to enjoy. Cherie shared that the seniors felt more secure with her attending with them to the activity. Cherie shared that her reward was being able to witness the Seniors Joy for an afternoon. Cherie most recently transformed the Center with her many talents to a venue for a Family Wedding and Shower to allow "ALL" from the Community of the Center's availability for rental offerings. Cherie is planning for the Center and the Community for the Fall an Amazing Pet Parade!! WE hope you will join us for this event!!

The staff and members thank-you Cherie for your dedication, time, and energy to Plum Community Center!!

Be Alerted Seniors...

Please be on the "look out" for the New Medicare Card. (Be aware Medicare Scams are being reported at this time.) This will be taking place during this year 2018-2019. Do not give your personal information to any person calling in reference to your new Medicare Card. If you receive a phone call "Just Hang Up"! If you receive a letter in the mail do not respond! Also please know that your social-security number will not be on your new card.!!

We want to say a special thank you to **Rye Barcott** and the **Peterman Family** for the generous donation to the Meals on Wheels program in Memory of Betty Peterman. This generous donation to the Meals on Wheels Program makes it possible for the Center to continue its excellent and well needed Meals on Wheels Program for the Community.

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.

Care-Givers Support Group: May 15th 6:30-8. Care-Givers Cookout!!!!

Activities for May...

- May 1st at 11am... "Saving the Bees", "Swarm Collection & More Presentation" with our very own Ron Laufer. Enjoy Samples during this presentation!!! Honey will be available for purchase also!!
- May 8th at 9:30 - 12:30 "Healthy Steps For Older Adults Class" Receive a Shop & Save Gift Card for attendance.
- May 8th at 10am "Community College Information Session". Learn about the opportunities that Community College has to offer the active Senior.
- May 9th - 9-2 Free Event "Senior Justice & Wellness Expo" Event Sight is Ibew Circuit Center , Southside.
- May 10th at 11am Memory Café sponsored by Arden Courts will meet in the Café. Sip on coffee while meeting fellow care-givers in the community.
- May 14th 9-3pm "Computer Device Class" with Ed Lampert from Community College will be here to provide assistance with computer questions.

- May 16th 11:30-2:30 "Birthday Party for May featuring our very own Country Western Band!!! Come Play Pittsburgh Trivia too!!! Meet Dr. Hyland the Superintendent of the Plum School District.
- May 17th 5-8pm Volunteer Banquet honoring our dedicated volunteers featuring our very own DJ Ron spinning the tunes to the 50's, 60's & 70's.
- May 18th 11-2pm Care-Givers Expo "Come get Pampered & Informed" as a Care-Giver!!
- May 23rd 10:30- 12:00 Community College Presents Musi-cals of the 1950's !!!! American in Paris , Sound of Music, Guys and Dolls , and Kismet!! Receive Center Bucks for at-tendance. Refreshments Served
- May 25th 10-12 Plum High School Students present Learning Computer Skills and Fly a Drone!!! Buses provided from the Center to the High- School!!!

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- 4:00- 4:45

Sign-Up Today for Free 6-session Workshop on "Diabetes"
"Learning to Control Your Diabetes Today"

- Friday May 4th– Monitoring Your Body
- Friday May 11th– Physical Activity
- Friday May 18th– Diabetes thru Nutrition
- Friday May 25th—Identification &Prevention

The time is 10am-11:30 Light Refreshments Served!

Calling All Pirate Fans...

We have "Free Pirate Tickets" for the Game on Memorial Day Weekend!!! Stay tuned for Details!!



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.

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

Tuesday

- 11:30: Daily Lunch
- 12:30: Dominoes
- 12:45: Poker / 500
- 6:30: 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

All Money Due by July 1st!!

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 May!!!

Email Questions To: mschafer@plumboro.com