



PLUM COMMUNITY CENTER

NEWSLETTER

AUGUST 2019

www.plumcommunitycenter.org

***NEW* EVENING CLASSES TUESDAYS/THURSDAYS STARTING AUGUST 27 AND AUGUST 29**

- 5:15PM GENTLE YOGA STRETCH (SEATED)
- 6:15PM MAT YOGA (BRING YOUR OWN MAT)

***YOGA IS ONLY \$5.00 PER CLASS OR PUNCH CARDS ARE AVAILABLE FOR ONLY \$20.00!**

***TAI CHI STARTS A SIX-WEEK SESSION: WEDNESDAY AUGUST 14 6:30PM-7:30 (\$36.00)**

PCC is stepping up our Exercise Game!

♥ *Special Thanks* ♥

VELTRE'S WEDDING &

EVENT CENTRE

324 Coxcomb Rd. | (412)-794-8366

MONTHLY BIRTHDAY CAKE:

SHOP 'N SAVE RT. 286

DONATING BIRTHDAY FLOWERS:

FLOWERS IN THE ATTIC

Many thanks to all of our Volunteers for your gift of time and love!

INFORMATION & REFERRAL SERVICES

***NEW* NOTARY SERVICES
VOTERS REGISTRATION, ACCESS SIGN-UP, OPT TRANSPORTATION,
NEIGHBORHOOD LEGAL SERVICES,
PORT AUTHORITY CARDS & MORE**

CALL VAL MILLER TO SCHEDULE AN APPOINTMENT AT 412-795-2330

**BILL'S HOMETOWN PHARMACY
BLOOD PRESSURE SCREENINGS
AUGUST 14 & 28 10:00AM-12:00PM**

Crafts @PCC

(\$5.00/CRAFT)

TUESDAY AUGUST 13 10:00AM

Ladybug Painted Rocks

Instructor Diane Pavlick

Paint these adorable ladybug rocks with us! These are a perfect summer decoration for your home or garden! Call us at (412)795-2330 or sign up at PCC to attend, don't forget to sign up for lunch!

TUESDAY AUGUST 27 12:30PM-2:30PM

Recycled Cards

Come create beautiful cards out of recycled materials with us! Make an artistic and original design to share with a friend or family member. Call us at (412)795-2330 or sign up at PCC and join us for lunch before the craft 11:30AM.

499 Center New Texas Road, Plum, PA, 15239
Phone: **412-795-2330**
Open Monday- Friday 9:00 to 4:00 PM

DAILY EVENTS @PCC

MONDAY

- 9:15 Cardio Circuit
- 10:30 Muscular Strength & Range of Motion
- 11:30 Gentle Yoga Stretch
- 11:30 Daily Lunch
- 12:30 Bingo
- 1:00 Poetry Café (1st Mon.)

TUESDAY

- 11:30 Daily Lunch
- 12:45 Poker / 500
- 6:15 - 7:15 Mat Yoga

WEDNESDAY

- 9:15 Cardio Circuit
- 10:30 Muscular Strength & Range of Motion
- 11:30 Gentle Yoga Stretch
- 11:30 Daily Lunch
- 11:30 Birthday Party (3rd Wed.)
- 12:30 Plum Country Western Band & Dancing
- 12:45 Euchre
- 6:30 Tai Chi

THURSDAY

- 9:30 Mommy Me & More Yoga
- 10:00 Line Dancing
- 10:30 Cardio Circuit
- 11:30 Gentle Yoga Stretch
- 11:30 Daily Lunch
- 11:30 Stroke Group-2nd & 4th Thurs.
- 12:30 Bingo
- 12:30-3:00 Poker

FRIDAY

- 9:15 Cardio Circuit
- 10:30 Muscular Strength & Range of Motion
- 11:30 Gentle Yoga Stretch
- 11:30 Daily Lunch
- 12:30 Game Day-Card Games
- 1:00-3:00 Calling all Scrabble Players! Join in the Fun!

Email Questions To: PCCinfo@plumboro.com

**SATURDAY AUGUST 10 12:00PM-3:00PM
DOG DAYS OF SUMMER SUPER BINGO
DOORS OPEN 11:00AM
TICKETS \$25 IN ADVANCE
\$30 AT THE DOOR**

20 games, 4 specials, and 1 Jackpot of \$750!

\$50 per game, \$100 specials, early bird specials, game tickets, scratch-offs, and 50/50 raffle

Plum Cafe will be open!

**WEDNESDAY EVENING
AUGUST 21 7:00PM-9:00PM**

FREE KARAOKE WITH DJ JIM BARNETT

Spend a fun filled evening of singing and dancing with us at the Plum Community Center! Attendees can bring their own beverages (BYOB). Our wonderful volunteers will be bringing some snacks and homemade baked good to this event! Bring your favorite snack or dessert to share! Iced tea, water and some snacks will be provided by the center. You don't want to miss this event!

**THE BIG EVENT FREE!
FRIDAY AUGUST 16 3:30PM-6:30PM
BIG GAMES, BIG FOOD, BIG THANKS!**

We want to thank Plum families for always supporting the community! Come play big versions of all your favorite games, including jenga, checkers, pick-up sticks, and more! Join us in our coloring area with big crayons and pages for small hands. This event is FREE to give thanks to Plum families, and has something great for all ages! Small prizes will be given for games and dinner is included! Enjoy the last bit of summer with us at Plum Community Center!

PLUM COMMUNITY CENTER MISSION STATEMENT

Plum Community Center (PCC) 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.

August Activities

WEDNESDAY AUGUST 7 1:00PM ICE CREAM SOCIAL (FREE)

Enjoy a sundae bar sponsored by Community Life. Bring your friends to cool off with some frozen sweets! Please sign up by Friday August 2.

THURSDAY AUGUST 8 7:00PM-8:30PM POSITIVITY DISCUSSION CIRCLE GROUP

This session we will explore Zentangle Art as a form of stress relief. PCC will provide light snacks, members can bring their own beverage (BYOB).

THURSDAYS, AUGUST 1 & 15 12:00PM-2:00PM AMERICAN MAHJONG (EVERYONE WELCOME)

Join us to play or learn to play American Mahjong. If you already play bring your set and your friends. There is always a beginner's table, it's easy and fun!

FRIDAY AUGUST 9 10:30AM - 2:30PM RIVERS CASINO DAY TRIP

Try your luck at the Rivers Casino! Attendees will receive \$10 in free slot play! OPT transportation provided and must sign up by Friday August 2 (Bus leaves center at 9:45AM)

SATURDAY AUGUST 10 8:00PM-10:00PM FREE MOVIE AT LARRY MILLS (FONTANA DR) DISNEY'S DUMBO

Film starts at dusk. Bring your lawn chair or blanket and enjoy the movie and free popcorn! Other concessions will be available for purchase.

WEDNESDAY AUGUST 14 11:00AM SENIOR FRAUD AND ABUSE LECTURE

Joseph M. Guiffre (Senior Advocate) will give important information, ways of prevention, and increase awareness about fraud and abuse of seniors. Sign up at the center or call (412)795-2330, don't forget to sign up for lunch!

WEDNESDAY, AUGUST 21, 11:30AM AUGUST BIRTHDAY PARTY

Stuffed cabbage is on the menu! Come for lunch and enjoy the celebration! Raffle baskets, door prizes, 50/50 raffle, cake and more! Sign up at the desk or call us at (412)795-2330 to reserve your spot!

NEW WEDNESDAY EVENING AUGUST 28 5:30PM-6:30PM MEN'S GROUP & NEW FISHING GROUP

Have free coffee with the guys and talk about recent events. Discuss ideas on starting a fishing group! Rods/reels provided, and everyone is welcome! Basic fishing license for age 65+ only \$11.90!

Save the Dates

MONDAY SEPT. 16 6:00PM-7:00PM MEDICARE 101

Understanding Medicare can offer many benefits to individuals. Learn what Medicare has to offer, who it's for, and when to enroll. Kristi Sparta (Aetna Coventry) will present and answer questions. (Sign up by Sept. 9)

WEDNESDAY SEPT. 25 12:00PM-2:00PM BRING YOUR ELECTRONIC DEVICE DAY

This CCAC class will help you use devices including a tablet, smart phone, flip phone, mp3 player, and more. Bring your own devices and your questions. Come early for lunch and sign up by calling (412)795-2330.

SATURDAY SEPT 28 12:00PM-6:00PM FALLFEST AT PLUM CREEK PARK

Mark your calendars for Plum's 2nd Annual Fall Festival. There will be a wood fired grill, craft beers, vendors, various activities, food trucks and overall a good time!

SUPPORT GROUPS

STROKE SUPPORT GROUP

Meets the 2nd & 4th Thursday of each month at 11:30AM

★ CARE-GIVERS GROUP/CARING CIRCLE

Group will be taking a break from meeting during the Summer months. Will reconvene on Tuesday September 17, 2019 6:00PM-7:30PM (Program to be announced) Enjoy your Summer!


FRIDAY AUGUST 16 4:00PM-9:00PM FRICKSTOCK AT THE FRICK PITTSBURGH

Celebrating the 50th anniversary of Woodstock, Pittsburgh band TheCAUSE will perform music from Woodstock legends. (jefferson Airplans, Grateful Dead, Janis Joplin, and Crosby, Stills, Nash & Young) Long hair, vests, comfy clothes, and thoughts that bring you peace, love and happiness encouraged! OPT provided, must sign up by August 9.

LUNCH MENU AUGUST 2019

ALLEGHENY COUNTY DEPARTMENT OF HUMAN SERVICES
AREA AGENCY ON AGING NUTRITION DEPARTMENT
(Healthy Lunches Served Every Day 11:30 AM- 12:15 PM)

(Meals offered as a free service to the community, though small donations are appreciated)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			① Open faced meatloaf sand. w/ gravy, potatoes, midori blend veg., wheat bread, watermelon cuts	② Baked cod potatoes, stewed tomatoes and zucchini, multi grain bread, cantaloupe cuts
⑤ BBQ shredded beef, potatoes w/ chive, green and wax beans, whole wheat sandwich bun, orange	⑥ Chicken paprika broc. cauliflower and carrots, brown rice, dinner roll, nectarine	⑦ Gemelli pasta w/ meat, mixed green salad, italian bread, watermelon cuts	⑧ Chipped turkey breast w/ lettuce and tomatoe on rye bread, confetti pasta salad, zippy maters, plum	⑨ Chili dog, peas with red pepper, graham crackers, gala apple
⑫ Pork loin, w/ honey dijon sauce, paprika potatoes, cabbage and tomatoes wheat bread, apricot halves	⑬ Turkey burger on bun, broccoli florets, spinach salad, nectarine	⑭ Cider beef stew w/ carrot, onion, and potatoes, cold beet slices, brown rice, orange	⑮ Snow white turkey salad, corn and black bean salad, tomatoe and cucumbers, cocoa creme cake	⑯ Chicken alfredo, brussels sprouts, multi grain bread, red delicious apple
⑰ Beef meatball sandwich, scalloped potatoes, broccoli, pineapple cuts	⑳ Tuna salad, marinated italian green beans, confetti couscous, honey cracked wheat bread, nectarine	㉑ Stuffed cabbage whipped potatoes, beans and saquash. dinner roll, apple 	㉒ Baked cod w/ lemon pepper, savory potatoes, peas and carrots, muligrain	㉓ Mandarin chicken salad, potato salad, cucumbers with sour cream, wheat bread, fruit cocktail
㉔ Beef hamburger /bun, baked beans, beets, cantaloupe cuts	㉕ Creole chicken, carrots, dinner roll, brown rice, orange	㉖ Pork w/ thin gravy, lemon potatoes, mixed veg., rye bread, mandarine oranges w/ pineapple	㉗ Turkey sand. w/ provolone cheese on wheat bun, potato salad, zippy maters, nectarine	㉘ Meatloaf w/ gravy, whipped potatoes, green and wax beans, wheat bread, Fuji apple

Sign up by Friday for Mon/Tues meals. Sign up by Tuesday for Wed/Thurs meals. Sign up by Thursday for Friday meal. Stop by front desk or call 412-795-2330 by 1:00pm

All meals include a choice of milk. Menus are subject to change if necessary due to supply and/or emergency.

Please be advised that food served may contain the following ingredients: milk, egg, fish (cod, tilapia), crustacean shellfish (crab, shrimp), tree nuts (almonds, pecans, walnuts), wheat, peanuts, soybeans