"THE BEAT"

CANONSBURG & CECIL SENIOR CENTER NEWS

Issue 39, October 2021

Canonsburg & Cecil Senior Center
Anyone over 60 is eligible

Canonsburg Senior Center
30 E Pike St
Canonsburg, PA 15317
724-745-5443, fax is same #

Cecil Senior Center
3599 Millers Run Rd
Cecil, PA 15321
724-743-1827, fax is same #

Facebook: **Canonsburg Senior Center, Cecil Senior Center**

Canonsburg Coordinator: Brenda Wacker
Center Cook: Brenda VanAuker
Center President: Al Dami

Cecil Coordinator: Mike Wise
Center Cook: Sissy Campbell
Center President: Pat Ross

Hours: Monday-Friday 8:00am-3:30pm
Sit Down Lunch 11-12
Grab N Go 12-1

Web ..... SWPA-AAA.org

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Oktoberfest 9/17 –9/19/2021

Volunteer
Appreciation Day
Halloween Theme
If you would like, feel free to dress up in costume.
October 28, 2021
Don't be frightened, we won't ask you to work it!!

OCTOBER 2021 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Please make reservations by 1:00 PM. The prior day. Menu is subject to change without notice. 724-745-5443	**Dine in Lunch 11 to 12, Grab N Go 12– 1 Mon thru Fri**			**1** Chicken Thigh Roasted Brussel Sprouts Roasted Potatoes Chocolate Pudding
4 Handmade Stuffed Peppers Peas & Carrots Mashed Potatoes Whole Wheat Bread Cookie	**5** Ham Steak w/ Pineapple Green Beans Roasted Sweet Potatoes Whole Wheat Bread Tropical Fruit	**6** Chicken Parmesan Italian Veggies Whole Grain Rotini Fresh Cantaloupe	**7** Caesar Salad Italian Wedding Soup Whole Wheat Bread Banana Pudding	**8** Egg Salad Sandwich Chicken Noodle Soup Cucumber Tomato Salad Fruited Jello
11 **CLOSED TO OBSERVE COLUMBUS DAY**	**12** Herbed Roast Chicken Cauliflower & Carrots Boiled Potatoes Fruit Crisp	**13** Roast Pork Loin Brown Gravy Homemade Haluski Mandarin Oranges	**14** Turkey and Bean Chili Roasted Butternut Squash Cornbread Fresh Pineapple	**15** Pepperoni Roll Marinara Sauce Garden Salad Fresh Orange
18 Chicken Cacciatore Sauteed Spinach Mashed Potatoes Whole Wheat Bread Chocolate Pudding	**19** Meatloaf Mashed Potatoes Mixed Veggies Whole Wheat Bread Vanilla Pudding	**20** Chef Salad Vegetable Soup Whole Wheat Bread Sugar Cookie	**21** Spaghetti Homemade Meatballs Roasted Zucchini Diced Pears Garlic Bread	**22** Pot Roast Mashed Potatoes Peas & Pearl Onions Whole Wheat Bread Spice Cake
25 Chicken Salad Sandwich Broccoli Slaw Potato Salad Whole Wheat Roll Fresh Apple Slices	**26** Roasted Turkey Mashed Sweet Potatoes Roasted Brussel Sprouts Bread Stuffing Pumpkin Bar	**27** Italian Sweet Sausage Peppers & Onions Hoagie Roll Fresh Melon Medley	**28** Stuffed Cabbage Rolls Mashed Potatoes Diced Carrots Whole Wheat Bread Special Dessert	**29** BBQ Pulled Pork Chuckwagon Corn Roasted Red Potatoes Whole Wheat Bread Fruited Jello

WALT'S LETTER

Hello Senior Center Family and Friends, October 2021 BEAT

Most of you have volunteered at one time or other. Many moms and dads have volunteered to bake, or purchase cookies for their children's school. Many men and women have volunteered for military service.

Does it have to stop there? There are big banners throughout the area wanting people as firefighters. I cannot for see any of us seniors answering the call to ride in a firetruck. If you are able to work such a demanding and stressful job, more power to you.

Myself, I've volunteered most of my adult life, in duties from PVAS(Peru Volunteer Ambulance System), PADS(Public Awareness to Deliver Service) and IEPA(Illinois Environmental Protection Agency). My favorite time was at a State Park as a nature hike leader. That's a few of the organizations I've been involved with.

No, I am not claiming to be the head of volunteering. There are a few volunteers that I know of that far out flank me with their work as volunteers.

A lady I once met at a seminar told me that when she was down on her luck, she had to rely on public services to get her through. After she got back on her feet, she took the EMT classes and started working on a volunteer ambulance service to try 'paying back' what had been given her when she needed it.

Volunteering takes commitment for the job at hand. You have to be willing to take direction from your superior(s). You need a desire to help other people that you believe are giving the respect you deserve. I personally take ownership of my area in trying to keep orderly and cleanliness. From years of service, I feel like the responsibilities and trust I have been blessed with, has been earned.

There are many reasons that someone would want to volunteer. Five reasons to volunteer by Dawn C. Carr MGS, Ph.D. writes are, #1: Volunteers live longer and are healthier. #2: Volunteering establishes strong relationships. #3: Volunteering is good for your career. #4: Volunteering is good for society. #5: Volunteering gives you a sense of purpose.

Unless you keep an up-to-date resume', #3 probably may not apply to you.

My reasons for volunteering differ a little from what was mentioned. I feel like, the country doesn't owe me as much as I owe it. As there have been many times I've needed help, I feel like I can assist others.

Like president John F. Kennedy. said; "Ask not what your country can do for you, But what you can do for your country."

Also, saying I remember from many years ago is; If you can have a positive influence on one person, your life has been a success.

Volunteering helps keep my mind operating, and also helps keep me physically active. A doctor I've had the honor of meeting, pushes the need for physical strengthening exercise, using that gray matter in your hat rack for something more useful (keep those neuron transmitters sparking), and to also stay social. It was also said to continue to push yourself.

Volunteering also helps use some of the Five Love Languages that Gary Chapman's book talks about.

A treat of goodies for the rest of the staff isn't a requirement, but is always welcome.

There are a couple people that I know told me that their mother had enjoyed the Senior Center, and now that they have left us to be with the Lord, the need to keep the center thriving is a way to honor their mother's memory, which is an unimaginable tribute for the dear departed parent.

Volunteering isn't for everyone, you have to be willing to follow direction of rules and regulations and have a hankering to help other people.

Stay Happy, Stay Safe, Stay Healthy, God Bless You All.

Walter Conrad

We are Canonsburg Strong!

CECIL SENIOR CENTER INFO

Ellen Cramer 10/1
Marsene McConaha 10/2
Pat Bruno 10/5
Dolores Schweitzer 10/5
Mark Sargent 10/6
Marion Hull 10/7
Eileen Guyaux 10/8
Gerry Gevenosky 10/10
John Spavelko 10/11
Amy Rush 10/12
Sharon Stankas 10/14
Bernie Veres 10/16
BC Colemen 8/16
Lois Gazvoda 10/16
Toni Lesko 10/18
Rose Daniel 10/20
Sarah Dino 10/21
Blanche McNurlen 10/22
Pete Savich 10/22

There is lots of activities going on at the senior center. We offer hot lunches, 500 card bid, euchre, bingo, silver sneakers, dominoes, Wii and much more. If you are interested give us a call at 724-743-1827 and coordinator Mike Wise will assist you.

Follow Us on Facebook Cecil Senior Center

Like

Guest Speakers

- On October 5th Kristin and Barb from TownView will be here to host horse races at 10:30.
- On October 7th James Roman the Register of Wills will be here to have an educational discussion at 10:30.
- On October 12th Sam from Senior Life will be here to host grocery bingo at 10:30.
- On October 14th John Welsh the District Attorney will host a discussion on Elder Abuse and Scams at 10:30.

On October 21st Jamie from OSPTA will host a Halloween themed event

CANONSBURG ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
Oct 9 Walk to End Alzheimer's	Come out to the Wild Things field at 8AM to support this worthy cause	Chinese Auction and 50/50		1 Sam with Grocery Bingo at 10:30 Pinochle Noon
4	5 Pinochle-Noon Dartball TOPS 6:00PM	6 BINGO 12:00	7 Tai Chi Noon 500 Bid Cards-NOON EUCHRE 7PM	8 Brian at 10:00 for Balance screenings Pinochle Noon
11 CENTER CLOSED for Columbus Day	12 Jim Love 10:30 Pinochle-Noon Dartball TOPS 6:00PM	13 BINGO 12:00	14 BUSINESS MEETING 10:00 Tai Chi Noon 500 Bid Cards-NOON EUCHRE 7PM	15 Grandparents program and Grocery bingo with Tara 10:00 Pinochle-Noon
18	19 Pinochle-Noon Dartball TOPS 6:00PM	20 Debbie Bardella 10:30 BINGO 12:00	21 Shannon with Reclaim your Joy at 10:30 Tai Chi Noon 500 Bid Cards-NOON EUCHRE 7PM	22 Pinochle Noon
25	26 Jamie with Halloween Trivia At 11:30 Pinochle-Noon Dartball TOPS 6:00PM	27 BINGO 12:00	28 Volunteer Appreciation Luncheon 500 Bid Cards-NOON EUCHRE 7PM	29 Kristin & Barb Horseracing at 10:30 Pinochle Noon

THIS & THAT

October Birthdays

Leroy Strimel, 10/3
Drusilla Hill, 10/4
Sarah Holdsworth, 10/4
Eleanor Russell, 10/5
Mel Adkins, 10/9
Darlene Dami, 10/9
Stu Harper, 10/9
Carol Schussler, 10/10
Carol Pruce, 10/11
Linda Wherry 10/11
Andrea Kerkentzes, 10/15
Rose Marie Lawrence, 10/17
John Ronto, 10/17
Shirley Harvey, 10/19
Martha Danchak, 10/22
Bill Vogel, 10/23
Bill Carter, 10/27
Joyce Arnold, 10/29
Hazel Parrino, 10/31

Pumpkin Seed Snack Mix

2 cups crispy rice or wheat cereal squares
1/2 cup pumpkin seeds
1/3 cup slivered almonds
1/2 cup dried cranberries
1/2 cup raisins
Mix all ingredients together and serve. Makes 8 servings.

~Submitted by Rosalie McCoy

Every year our center donates money to the **"2000 Turkey Campaign"** to provide a meal at Thanksgiving for those less fortunate. Buy a feather beginning Oct 12 for $2.00 to get our turkey Todd, dressed for winter.

Thinking Nursing Home?
Think again!

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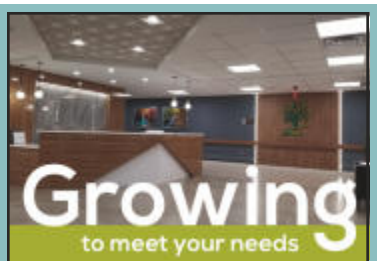

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Darla A. Tripoli,
LFD, *Pre-Planning Specialist*

304 West Pike Street, Canonsburg, PA
Phone: 724-745-8120 • Fax: 724-745-1808

Every Life Deserves Remembering

A Certified Funeral Celebrant is a person who is trained and certified to meet the needs of families during their time of loss. Our Celebrant on staff, Darla A. Tripoli, is available to meet and consult with you and help design a service that best reflects and memorializes the life of your loved one, weaving your choice of music, photos, personal momentos into a service of tribute to a life lived.

The Remembrances Tribute Center

is a newly renovated space, conveniently located next door to the funeral home, that is now available to families we serve as a hospitality space for food, beverages and socializing between viewing hours and for funeral luncheons.

The Pennsylvania State Board of Funeral Directors State Law Code 13.183 A food may not be served to the public in any part of the funeral establishment.

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