

# “THE BEAT”

CANONSBURG & CECIL CENTER NEWS

Issue 42, January 2022

Canonsburg & Cecil Senior Center  
Anyone over 60 is eligible to attend

## 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



*Christmas Luncheon 12/16/2021*

### HOW RESOLUTIONS HAVE CHANGED

In the United States, New Year's resolutions are still a tradition, but the type of resolutions have changed.

As a legacy of our Protestant history, resolutions in the early 1900s were more religious or spiritual in nature, reflecting a desire to develop stronger moral character, a stronger work ethic, and more restraint in the face of earthly pleasures.

Over the years, however, resolutions seem to have migrated from denying physical indulgences to general self-improvement, like losing weight. While it may seem superficial, medical sociologist Natalie Boero of San Jose State University suggested that today's resolutions are also a reflection of status, financial wealth, responsibility, and self-discipline—which isn't that different from how the New Year's resolution tradition began.

#### See the difference:

##### Resolutions From 1947 - Gallup Poll

1. Improve my disposition, be more understanding, control my temper
2. Improve my character, live a better life
3. Stop smoking, smoke less
4. Save more money
5. Stop drinking, drink less
6. Be more religious, go to church more often
7. Be more efficient, do a better job
8. Take better care of my health
9. Take greater part in home life
10. Lose (or gain) weight

##### Today's Resolutions

1. Lose weight
2. Get organized
3. Spend less, save more
4. Enjoy life to the fullest
5. Stay fit and healthy
6. Learn something exciting
7. Quit smoking
8. Help others fulfill their dreams
9. Fall in love
10. Spend more time with family

Whether we resolve to return borrowed farm equipment (as the Babylonians did) or drop a few pounds, we're tapping into an ancient and powerful longing for a fresh start by setting resolutions!

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# JANUARY 2022 MENU CANONSBURG SENIOR CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Stuffed Shells or Ravioli Veggie Blend Garlic Spinach Whole Wheat Bread Pudding	<b>4</b> Kielbasa & Sauerkraut Green Beans Noodles Melon	<b>5</b> Tuna Melt Broccoli Salad Roasted Potatoes Roll Peaches	<b>6</b> Beef Barley Soup Garden Salad Baked Chips Whole Wheat Bread Jello	<b>7</b> Stuffed Cabbage Mashed Potatoes Peas & Carrots Whole Wheat Bread Fruit Salad
<b>10</b> Chicken Salad Sandwich French Onion Soup Spinach Salad Roll Orange	<b>11</b> Salisbury Steak Beets Mashed Potatoes Whole Wheat Bread Jello	<b>12</b> Vegetable Lasagna Cauliflower & Peas Whole Wheat Bread Pudding	<b>13</b> Honey Mustard Chicken Broccoli Sweet Potatoes Whole Wheat Bread Apple	<b>14</b> Baked Ham Carrots Haluski Whole Wheat Bread Cookie
<b>17</b> <b>CLOSED FOR MARTIN LUTHER KING DAY</b>	<b>18</b> Spaghetti & Meatballs Broccoli Pears	<b>19</b> Crispy Fish Sandwich Brussel Sprouts Roasted Potatoes Roll Pudding	<b>20</b> Chef Salad Tomato Soup Whole Wheat Bread Melon	<b>21</b> Meat & Cheese Calzone Tomato & Cucumber Salad Orange
<b>24</b> Roast Beef/Gravy Carrots Mashed Potatoes Whole Wheat Bread Apples	<b>25</b> Creamed Chicken Broccoli Sweet Potatoes Biscuit Pudding	<b>26</b> Scrambled Eggs W/Cheese Sausage Breakfast Potatoes English Muffin Fruit Salad	<b>27</b> Cheese Steak Hoagie Broccoli Soup Roll Pudding	<b>28</b> Italian Herb Chicken Veggie Blend Tomato Basil Pasta Whole Wheat Bread Grapes
<b>31</b> Meatloaf Mashed Potatoes Green Beans Whole Wheat Bread Pound Cake	Sit Down Lunch 11 - 12 Grab N Go 12-1 Please call the day before for reservations.	Menu is subject to change without notice		

# WALT'S LETTER JANUARY 2022

Hello Senior Citizen Family and Friends,

JANUARY 2022

Some of us welcome the changing weather, while others will express their hate of the cold, snowy change verbally known.

Except for discussing the upcoming temperature and precipitation to help plan of what to wear outside, or the need for allowing extra driving times, there are only different expectations than from the warm summer weather.

Many of us has spent many years welcoming the changing of the seasons come and go. A good friend that has passed on to be with the Lord after 100 years of season changes, had a saying, "A lot of people complain about the weather, but no one ever does anything about it".

There are those that travel hundreds of miles to enjoy playing in that fluffy white snow. Others will travel hundreds of miles to be in more temperate weather. Each of us has a different view of the snowy weather. It's nothing to hold an argument about, as neither party can either bring on more snow or make the snow not happen. I've witnessed those needless arguments almost turn into fights. I look at it as a waste of time. Be happy for when the temperatures are to your favor and appreciate when others have their favorable weather.

Living in an area where the winter times brought many inches of snow at a time, with subzero temperatures lingering on for days at a time, I would be shunned for enjoying the fluffy white droplets of water. When hearing complaints of the unfavorable weather, my fellow workers would get upset with me for not sharing their cursing the weather with the saying, "cold is just the absence heat." I'd have the same roads to drive on, with the same stress of staying on the road as everyone else.

On the thoughts of what is somewhat controllable, it baffles me that people will spend thousands of dollars and have hours of stress to travel for the ideal weather area for a few days of pleasure, but will ignore wearing a mask occasionally and having the respect of being responsible enough to not crowd each other.

I sometimes enter businesses that demand each person to be masked and the markings for responsible spacing are still on the floor. In some cases, it's evident that fresh spacing markings have been installed.

The pandemic has not been officially announced as being over. In fact new 'hybrid' viruses have been making front line on the news, weather TV, news paper or radio.

Many people still have not been vaccinated. They mingle among those of us that work hard to keep ourselves healthy, as well as those that we come in contact with, while those that are stubborn, greedy, self centered or just plain pigheaded skate along making the rest of us be the workers that have to deal with the problem.

*Pigheaded, according to Webster's dictionary, is an adjective that means stubborn.*

Speaking of workers, the news continues with stories of nurses being burned out, in which causes them to quit their professions. Leaving the hospitals shorthanded, which overburdens the nurses still working. Almost everyone is talking about the shortage of nurses. Doctors also are going through a burnout. Elective surgeries are being canceled because of staffing and other reasons. Emergency rooms are being over burdened.

A lot of this mayhem might have been avoided by just social distancing, masking or even being vaccinated. Oh well, maybe there's that select few that really don't give a damn about being part of the solution, but would laugh at those that go over and above to protect themselves as well as those around them.

It's time to let those of you that listen to the news, understand what's going on.

Before closing though, I must reemphasize the coordinator and cook are continuing to working to provide a health meal to everyone, while making sure bills are paid and maintenance is done. They both deserve prayers and a hearty thank you. Keeping them, as well as the rest of us at the Center in your daily prayers won't hurt anything, and can only help.

Be Happy - Be Careful - Be Safe

Walter Conrad

**We are Canonsburg Strong!**

# CECIL CENTER NEWS



Shelia Jenkins 1/2  
Tom Monaghan 1/3  
Dorothy Kaufman 1/4  
Albert Malenka 1/6  
Jim Passieu 1/9  
Donna Falconi 1/11  
Bambi Spavelko 1/11  
Donna Burns 1/18  
Mary Ann Campbell 1/18  
Victor Bernardi 1/19

Frances Pugliese 1/22  
Jim Tilger 1/22  
Jean McCormick 1/23  
Alice Calabro 1/25  
Andrea Raymer 1/25  
Dennis Raymer 1/26  
Patrick Gallager 1/31

Start off the New Year with us here at the McDonald-Cecil Senior Center. We offer hot lunches, many different activities, as well as Silver Sneakers. We love new Members!



## Guest Speakers

- On January 11th Sam from Senior Life will be here to host grocery bingo at 10:30.
- On January 13th Kristin and Barb from TownView will be here to host horse races at 10:30.
- On January 20th Chris and Jennifer from Humana will be here to host Grocery Bingo at 10:30.


Our Christmas party/ luncheon was a huge success. Thanks to everyone who donated, volunteered and participated - we appreciate you all.



Follow Us on Facebook:  
Cecil Senior Center



# JANUARY CANONSBURG SENIOR CENTER ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>  <i>Memorial Service</i> 10:30	<b>4</b> Pinochle-Noon Dartball TOPS 6:00PM	<b>5</b> Jamie with OSPTA Grocery Bingo at 10:30 <b>BINGO 12:00</b> <i>Barb will do nails</i>	<b>6</b> Chris with Humana Habits of Healthy People at 10:00  EUCHRE 7PM	<b>7</b> Pinochle Noon
<b>10</b>	<b>11</b> Exercise w/Jim Love 10:30 Pinochle-Noon Dartball TOPS 6:00PM	<b>12</b> Sam of Senior Life With treats at 11:30 <b>BINGO 12:00</b>	<b>13</b> <b>BUSINESS MEETING 10:00</b>  EUCHRE 7PM	<b>14</b> Martin Luther King Tribute 10:00 AM Pinochle Noon
<b>17</b> CLOSED FOR MARTIN LUTHER KING DAY	<b>18</b> Pinochle-Noon Dartball TOPS 6:00PM	<b>19</b> <b>BINGO 12:00</b> <i>Barb will do nails</i>	Shannon with UPMC Self Care- Relaxation At 10:00 AM  EUCHRE 7PM	<b>21</b> Pinochle-Noon
<b>24</b> Paul with ERB Health Screenings 10:30	<b>25</b> Exercise w/Jim Love 10:30 Pinochle-Noon Dartball TOPS 6:00PM	<b>26</b> Kristin & Barb Horseracing at 10:30 <b>BINGO 12:00</b>	<b>27</b> EUCHRE 7PM	<b>28</b> Pinochle-Noon
<b>31</b>				
<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p><i>Janus am I; oldest of potentates;                      Forward I look, and backward, and                      below I count, as god of avenues and                      gates, The years that through my                      portals come and go.                      -Henry Wadsworth Longfellow</i></p> </div>				

# JANUARY THIS & THAT



## January Birthdays

Chuck Brotherton, 1/1	Carolyn Graff, 1/12
John Zanaglio, 1/1	Roberta Livolsi, 1/12
Tony Pesco, 1/2	Mary Jane McCoy, 1/15
Karen Goroncy, 1/3	Nick Scouloukas, 1/16
Kathy Kader, 1/3	Diane Shuman, 1/19
Dino Salvatore, 1/4	John Belleno, 1/20
Paul Dichak, 1/5	Jerry Sprowls, 1/26
Carolyn Dunklin, 1/10	Marion Keefer, 1/28
Robert Michaelson, 1/11	Demo Agoris, 1/29

Monday, January 3rd at 10:30

Please join us at Canonsburg Senior Center for a Memorial Service honoring your loved one.

Pastor Bill Barnett will conduct the service.



	<u>Born</u>	<u>Deceased</u>
Joe Ayres	02/20/1955	07/21/2021
Virginia Besci	08/19/1930	07/26/2021
Mary Chirdon	01/02/1931	06/03/2021
Tom Eckenrode	08/29/1957	01/11/2021
Tom Fartro	01/06/1924	11/23/2021
Jerry Helmick	11/01/1934	11/16/2021
Andrew Hython	12/18/1934	08/14/2021
Jane Lenhart	08/24/1922	01/01/2021
Dorothy Martin	09/04/1927	05/19/2021
Ruth McKeen	09/10/1933	03/05/2121
Lillie Mills	04/30/1931	02/21/2021
George Pihou	11/19/1926	09/28/2021
Nick Sakelos	01/01/1930	12/17/2021
Dave Tokarczyk	11/02/1955	11/15/2021
Stella Yarussi	08/07/1925	02/19/2021

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

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**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 mementos 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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