

# “THE BEAT”

CANONSBURG & CECIL CENTER NEWS

## Issue 43, February 2022

**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 #

Email: wackerbr@co.washington.pa.us

**Cecil Senior Center**

3599 Millers Run Rd

Cecil, PA 15321

724-743-1827, fax is same #

Email: wisemich@co.washington.pa.us

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**

The monthly newsletter may be viewed at

[www.ourseniorcenter.com](http://www.ourseniorcenter.com)

You also can subscribe with your email and  
receive an electronic newsletter.



“GO RED” DAY 2/7/2020



February comes from the Latin word **februa**, which means “to cleanse.” The month was named after the Roman **Februalia**, which was a monthlong festival of purification and atonement.

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### Presidents’ Day History

Historically, Americans began celebrating George Washington’s Birthday just months after his death, long before Congress declared it a federal holiday. It was not until 1879, under President Rutherford B. Hayes, that Washington’s Birthday became a legal holiday, to be observed on his birthday, February 22. In 1968, Congress passed the Monday Holiday Law to “provide uniform annual observances of certain legal public holidays on Mondays.



# FEBRUARY 2022 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> Ravioli Veggie Blend Garlic Spinach Whole Wheat Bread Pudding	<b>2</b> Kielbasa & Sauerkraut Carrots Noodles Fresh Melon	<b>3</b> Tuna Melt Coleslaw Roasted Potatoes Peaches	<b>4 GO RED</b> Beef Barley Soup Garden Salad Baked Chips Whole Wheat Bread Jello
<b>7</b> Stuffed Cabbage Peas & Carrots Mashed Potatoes Whole Wheat Bread Fruit Salad	<b>8</b> Vegetable Lasagna Cauliflower Whole Wheat Bread Pudding	<b>9</b> Salisbury Steak Beets Mashed Potatoes Whole Wheat Bread Jello	<b>10</b> Chicken Salad Sandwich Potato Soup Spinach Salad Fruit	<b>11</b> Honey Mustard Chicken Broccoli Sweet Potatoes Fruit
<b>14</b>  Roast Turkey w/ Gravy Mashed Potatoes Green Beans Dessert	<b>15</b> Baked Ham Dilled Carrots Haluski Whole Wheat Bread Cookie	<b>16</b> Spaghetti & Meatballs Broccoli Fruit	<b>17</b> Crispy Fish Sandwich Brussel Sprouts Roasted Potatoes Pudding	<b>18</b> Chef Salad Tomato Soup Whole Wheat Bread Fruit
<b>21</b> <b>CLOSED FOR                      PRESIDENTS                      DAY</b>	<b>22</b> Creamed Chicken & Biscuit Broccoli Sweet Potatoes Pudding	<b>23</b> Meat & Cheese Calzone Italian Tomato Cucumber Salad Fruit	<b>24</b> Scrambled Eggs W/Cheese Sausage Potatoes Fruit Salad	<b>25</b> Cheese Steak Hoagie Cream of Broccoli Soup Pudding
<b>28</b> Meat Loaf Mashed Potatoes Green Beans Whole Wheat Bread Cake	<b>Please make                      reservations                      by 10:00 AM                      the prior day.                      Menu is subject                      to change                      without notice.</b>	<b>SIT DOWN                      LUNCH 11 - 12                      GRAB N GO                      12:00 - 1:00                      with a                      suggested                      donation of                      \$2.00</b>	<i>In February there is everything                      to hope for and nothing to                      regret.                      ~ Patience Strong</i>	

# WORD SEARCH

H N E S O W D H O L I D A Y S G F  
S Q A M N L O S E L C I C I O N N  
O E I G O O S L L S B V J H U W F  
D C T C G F W L P W L E G I P O B  
B A Z A E O X M E W Z V K B G Z W  
L L A C K S B U A E O P G E K D J  
A P T H U S C O E N T N V R L S O  
C E W I N T E R T I R E S N O T L  
K R W W F P F M A D O C I A T N L  
I I G H X I S R M P A C N T S A R  
C F M I T T E N S R E J A I O P U  
E X H N O L I G F E G R P O R I H  
R F A R S K C O S L O O W N F K O  
H B M M C F M W L L A B W O N S J

ANTIFREEZE

BLACK ICE

COLD

FIREPLACE

FOG

FROST

HIBERNATION

ICE SCRAPER

ICICLES

MITTENS

SCARF

SKATES

SKI PANTS

SLEET

SNOWBALL

SNOWMAN

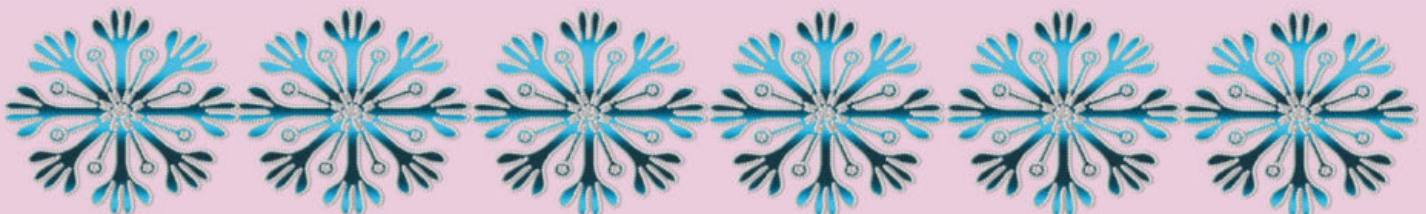
SOUP

STORM

TOBOGGAN

WINTER TIRES

WOOL SOCKS





# CECIL CENTER NEWS



**BILL SEKEL 2/4**  
**HANNAH GARRETT 2/7**  
**BRUCE BARTH 2/8**  
**THERESA GLOD 2/9**  
**ROSE ROMAN 2/9**  
**MARY VRANININ 2/14**  
**JUDY RUSISKI 2/15**  
**LOUIS RUSISKI 2/17**  
**JAN MENIFIELD 2/18**  
**MARGIE MAMULA 2/21**  
**HILDA KULBACKI 2/25**  
**GLENN TENNYSON 2/25**

As we moved back into normal activity at the end of 2021, it was exciting to see our center come back to life! We ended the year with a record number of participants for lunches and activities. A very special thank you to our cook, Sissy C, who took her time and effort to not only prepare our meals but to decorate the center so beautifully for Christmas.. Her team of elves Judy P, Roxanne P, and Ken T, put in many hours decorating to make the center festive and inviting for everyone. So don't stay indoors this winter, come out and see what the McDonald Cecil Senior Center has to offer. Be sure to attend on Tuesdays and Thursdays for Bingo with our very own Entertaining JR Jones. His bingo calling will keep you laughing and you may get lucky enough to yell B-I-N-G-O! For all you CARD PLAYERS, check out 500 bid on Monday and Wednesday and Euchre on Fridays. Come on out and have a hot lunch, socialize and play some bingo and cards, we even have prizes! Hope to see your smiling face soon!!

Never hesitate to call us or stop in to pick up a menu which has the upcoming events listed on it.

## Guest Speakers

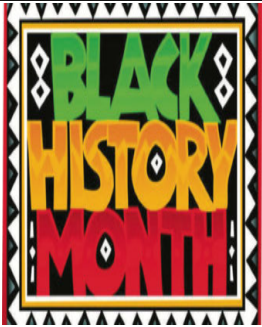



- On February 1st Kristin and Barb from TownView will be here to host horse races at 10:30.
- On February 10th Sam from Senior Life will be here to host grocery bingo at 10:30.
- On February 17th Jamie from OSPTA will be here to have an educational discussion & an ice cream social at 10:30.
- On February 24th Kristin and Barb from TownView will be here to host horse races at 10:30.



Follow Us on  
Facebook  
Cecil Senior Center



# CANONSBURG SENIOR CENTER FEBRUARY ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> Chinese New Year Pinochle-Noon Dartball TOPS 6:00PM	<b>2</b> <b>BINGO 12:00</b> <i>Barb will do nails</i> 	<b>3</b> EUCHRE 7PM	<b>4</b> Go "RED" Day- Wear red for a chance at a door prize Pinochle Noon
<b>7</b> Paul with ERB Health Screenings 10:30	<b>8</b> Barb at 10:30 Successful Aging & cookies Pinochle-Noon Dartball TOPS 6:00PM	<b>9</b> <b>BINGO 12:00</b>	<b>10</b> BUSINESS MEETING 10:00 EUCHRE 7PM	<b>11</b> Black History Month Tribute 10:30 Pinochle Noon
<b>14</b>  VALENTINE'S GAME DAY PARTY AT NOON KRISTIN & BARB W/TOWNVIEW	<b>15</b> Exercise w/Jim Love 10:30 Pinochle-Noon Dartball TOPS 6:00PM	<b>16</b> George w/ Highmark Whole Health at 10:30 <b>BINGO 12:00</b> <i>Barb will do nails</i>	<b>17</b> EUCHRE 7PM	<b>18</b> Hoodie Hoo Day- Wear your crazy hat - Noon Pinochle-Noon
<b>21</b> <b>CLOSED</b> 	<b>22</b> Exercise w/Jim Love 10:30 Pinochle-Noon Dartball TOPS 6:00PM	<b>23</b> Kristin & Barb Horseracing at 10:30 <b>BINGO 12:00</b>	<b>24</b> EUCHRE 7PM	<b>25</b> Pinochle-Noon
<b>28</b> Paul with ERB Health Screenings 10:30	<p><b>The Legend of St. Valentine:</b> The history of Valentine's Day and the story of its patron saint is shrouded in mystery. We do know that February has long been celebrated as a month of romance, and that St. Valentine's Day contains vestiges of both Christian and Roman tradition. But who was St. Valentine? According to one legend, an imprisoned Valentine actually sent the first "valentine" greeting himself after he fell in love with a young girl, perhaps the jailor's daughter. It is alleged that he wrote her a letter signed "From your Valentine," an expression that is still in use today. His appeal as a romantic figure and popular saint remains.</p> 			

# THIS & THAT



## February Birthdays

Walt Conrad, 2/3	Margaret Banish, 2/15
Bessie Scouloukas, 2/5	Diane Kulbacki, 2/15
Roy Watters, 2/6	Dennis Smodic, 2/15
Beatrice Sakelos, 2/11	Larry Rush, 2/20
Katie Monette, 2/13	Patty Vinisky, 2/22
Cheryll Sprowls, 2/13	Ellen Beahm, 2/28

## FREE

Progressive Mobility chair lift in excellent condition. Valued at \$5,000. It is a 12 foot straight lift. It must, however, be installed, & inspected by Progressive Mobility, for safety reasons and that cost is around \$400. Call the center at:

**724-745-5443**



## Signs of Good Self-Esteem

1. Acceptance of yourself—the way you look, act, feel.
2. Ability to forgive others.
3. Feelings of motivation.
4. Ability to be creative and spontaneous.
5. Feelings of joy and happiness.
6. Feelings of peace and serenity.
7. Ability to be honest to yourself.
8. Ability to be honest with others.
9. Ability to accept others the way they are.
10. Accomplishing and maintaining good mental and physical health.
11. Willingness to try new things and be flexible.
12. Ability to make eye contact with others.
13. Ability to accept compliments from others.
14. Desire to learn more about yourself.
15. Ability to discuss rather than argue.
16. Ability to be assertive.

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### **Every Life Deserves Remembering**

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### **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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