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SENIOR CENTER

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3715 Pennsylvania Ave
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814-824-2214
MercyHilltopCenter.com

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Hilltop News

OCTOBER 2024



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CENTER HOURS

Monday through Thursday:
8:00 AM - 4:00 PM

Friday:
8:00 AM - 12:00 PM



Friday October 11, 2024

Doors open at 5:30pm Bingo Starts at 7:00pm

JPT Foundation Event Center -2319 West 38th Street

Something For Everyone!

Designer Purses - Tech Devices - Cash

Tip Boards - Raffles - Basket Raffle - 50/50
BYOB & Snacks or Order from Passalinqua's Pizzeria

Tickets - \$30

www.mercyhilltopcenter.com/events, QR Code,
by Phone (814)824-2214, or in person at the Center



Tables can be reserved for parties of 6 or more
(advanced tickets must be purchased under ONE name to reserve table)

**EARLY BIRD \$100 CASH PRIZE DRAWING
FOR TICKETS PURCHASED BY OCT 1**



Event Sponsor : aetna™
medicare solutions



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MORE DETAILS

NURSE JUDY

Nurse



The next **Project C.H.A.T (Conversations on Healthy Aging Topics)** with Nurse Judy will be on Tuesday, October 1st at 11:00 AM. The topic will be: **Understanding Appetite**. Nurse Judy is available on most Tuesday and Thursdays for **in-person visits/appointments**, but she can **always contact members by phone, when not in the office**. Please call the Center (814-824-2214, extension 101) to arrange a time to speak with Nurse Judy. Thank you!

FARMERS MARKET

Fruit and Vegetables

Legacy Hydroponics offers the opportunity to **place ADVANCED ORDERS** for produce this winter! Orders can be placed at the Center's front desk and will be delivered. Be sure to sign-up to meet **Rick, of Legacy Hydroponics** on **Friday, October 25th at 9:30 AM** to discuss the **BENEFITS of FRESH, LOCAL PRODUCE** for over-all well-being. Thank you!



WELCOME NEW MEMBERS

Please extend a **warm welcome** to the newest members of **Mercy Hilltop Senior Center**: Sandra Aberant, Mary Anderson, Bryan Hed, Kay Popovich, and Art and Mary Sandy joined MHC in August. **WELCOME to our Center!**

FREE EVENING CONSULTATIONS

FREE
CONSULTATION

Pat Tobey, our Social Worker, is available on Tuesday evenings for private appointments to assist with **documents, listening to personal concerns, giving advice and connecting members to the appropriate resource, and/or discussing an array of topics**. She can also assist with setting up online banking, bill pay, medical portals such as **My UPMC or My Chart**, and/or **social security.gov** accounts. Please call 814-824-2214, extension 101, to schedule an appointment.

IMPORTANT! INFORMATION!

FEE SCHEDULE

Annual Memberships are \$25 each (\$45 for couples) with a discount always honored for our Veterans.

Ballet Barre, Line Dancing, Silver Sneakers and **Yoga classes** are \$3 for members and \$5 for non-members

QiGong is \$1 for members and \$3 for non-members

Studio Art is \$8 for members and \$10 for non-members (*per three-hour session*)

Mahjong is \$1 for members and \$2 for non-members

With **SILVER SNEAKERS OR RENEW ACTIVE** through your insurance provider, **ALL fitness classes are FREE.**

***Please be sure to scan your Silver Sneakers card for ALL fitness classes for MHC to receive credit!**

Does the Center have your email address? If you would like to receive email notifications on special events, announcements, and other information via email, please see Dawn at the Front Desk. Thank you!

MEMBERSHIP & RENEWAL

We kindly request that **ALL** members pay their membership and annual renewal fee, including **Mercy Terrace** residents, **Silver Sneakers, and Renew Active** members. If the renewal is not received, a member is considered **inactive** until the fee is received. We rely on these funds to operate our Center. Thank you for understanding.

QUESTIONS? Please call 814-824-2214, extension 101 for clarification, to RSVP, and/or to schedule appointments for any of MHC's services, activities, events, classes, etc. THANK YOU!

TUESDAY DOLLAR MOVIES FOR OCTOBER



Join us for *Tuesday Dollar Movies!* Each Tuesday, we feature a movie for \$1 in our community room. Please note that *movies are subject to change based on availability.* Snacks are provided. *Please bring your own beverage and arrive early to get your seat.* **MOVIES START PROMPTLY at 1:00 PM.**

10/1/24: *The Long Game* (2023 - 1 hour / 52 minutes - PG - Sports Drama)

10/8/24: *A Family Affair* (2024 - 1 hour / 53 minutes - PG-13 - Romantic Comedy)

10/15/24: *Mother of the Bride* (2024 - 1 hour / 30 minutes - PG - Romantic Comedy)

10/22/24: *We Have a Ghost* (2023 - 2 hours / 7 minutes* - PG-13 - Dramatic Thriller) ***Please Note Length of Movie!**

10/29/24: *Hubie Halloween* (2020 - 1 hour / 43 minutes - PG-13 - Comedic Mystery)



THIS MONTH'S FEATURED ACTIVITIES, TRIPS & EVENTS:

TUESDAY, OCTOBER 1st at 11:00 AM - *PROJECT C.H.A.T.* with Nurse Judy ***See Page 2 for Topic & Details!**

WEDNESDAY, OCTOBER 2nd at 10:30 AM - Van DEPARTS from Center for *LUNCH BUNCH - RESTAURANT CHANGE & Details on Page 5!* **PLEASE ARRIVE AT THE CENTER BY 10:15 AM FOR A TIMELY DEPARTURE!**

THURSDAY, OCTOBER 3rd at 10:30 AM - VAN DEPARTS from the CENTER for a *Covered Bridge Tour in West County* (\$3 Van Fee) and Lunch at *All Aboard Dinor* in Lake City. **PLEASE ARRIVE AT THE CENTER NO LATER THAN 10:15 AM FOR A TIMELY DEPARTURE!**



FRIDAY, OCTOBER 4th AT 9:30 AM - TRIVIA GAME Sponsored by **medicare solutions**

***Please RSVP (814-824-2214, EXTENSION 101) NO LATER than Monday, September 30th.**

MONDAY, OCTOBER 7th AT 11:00 AM - Mindy Kiehl Presents: *A DAY IN THE LIFE OF AN ERIE CODE ENFORCEMENT OFFICER.* ***Please RSVP (814-824-2214, EXTENSION 101)**

TUESDAY, OCTOBER 8th at 10:00 AM - HEALTHY LIVING SUPPORT GROUP ***See Page 4 for Topic & Details!**

FRIDAY, OCTOBER 11th - **2nd ANNUAL BINGO BASH** at *JPT Foundation Events Center* (2319 West 38th St. in the old Hills Plaza). Doors open at 5:30 PM, BINGO starts at 7:00 PM. Tickets are \$30 each and are available at the Center Front Desk. **Questions? Please call 814-824-2214, EXTENSION 101 for tickets, registration, and for additional details on Reserving Tables for Groups of six (6) or more!**

MONDAY, OCTOBER 14th AT 11:00 AM - IMPORTANT UPCOMING MEDICARE, PART D, CHANGES AND UPDATES, Presented by Bruce Davis from *The Davis Agency.* **Please RSVP by Friday, October 11th.**

***No Matter Your Monthly Medications, ALL SHOULD ATTEND THIS MEETING for the latest updates!**

WEDNESDAY, OCTOBER 16th AT 9:45 AM - Van Departs for Bowling at *Eastway Lanes* ***Please RSVP**

THURSDAY, OCTOBER 17th AT 4:30 PM - BOOK CLUB (Discussing: *The Women* by Kristin Hannah) ***If you are UNABLE TO ATTEND, please alert the Center to ORDER NEXT MONTH'S BOOK! Next Month's Meeting:**

Thursday, November 21st - *Daisy Jones and the Six* by Taylor Jenkins Reid

CONTINUED ON PAGE 4 →



THIS MONTH'S FEATURED ACTIVITIES, TRIPS & EVENTS:

FRIDAY, OCTOBER 18th at 9:30 AM - DONUTS & APPLE CIDER Provided by *Oak Street Medical Office* (plus Q & A) *Please RSVP NO LATER THAN Friday, October 11th (814-824-2214, EXTENSION 101)

MONDAY, OCTOBER 21st AT 11:00 AM - *PET THERAPY* with Finnegan & Kody (*Alliance of Therapy Dogs*)

TUESDAY, OCTOBER 22nd AT 10:00 AM - *CRAFT WITH LOIS* (Sample Picture Available at the Center) *Please RSVP as SPACE IS LIMITED (814-824-2214, EXTENSION 101) \$2 DONATION IS APPRECIATED

THURSDAY, OCTOBER 24th AT 4:00 PM - *DRUM CIRCLE* - All instruments are provided for a demonstration, facilitated by Valerie Baltzer. Always a VERY LIVELY event and so much FUN for all! *Please RSVP

FRIDAY, OCTOBER 25th at 9:30 AM - *BENEFITS OF FRESH, LOCAL PRODUCE* with Rick Wybiral of *Legacy Hydroponics* *Please RSVP NO LATER THAN Friday, October 18th (814-824-2214, EXTENSION 101)

MONDAY, OCTOBER 28th from 11:00 AM - 2:00 PM - OPEN ENROLLMENT APPOINTMENTS *Please Call to Schedule A One-On-One Appointment with Bruce Davis (814-824-2214, EXTENSION 101)

TUESDAY, OCTOBER 29th at 10:45 AM - *BINGO with Prizes* Sponsored by *Age in Place Home Care* *Please RSVP by Wednesday, Oct. 23rd so enough prizes can be provided to winners! (814-824-2214, EXTENSION 101).

PLEASE RSVP (814-824-2214, **EXTENSION 101**) AS SOON AS POSSIBLE FOR ALL EVENTS

News & Notes

MONTHLY HEALTHY LIVING SUPPORT GROUP

Join us for our **member-driven support group** focusing on **preventative/proactive wellness**. Meetings aim to address all aspects of life: nutrition, fitness, relationships, stress, and sleep in a **functional health approach!** This month's meeting is on **Tuesday, October 8th at 10:00 AM**. The topic this month is **HEALTHY SNACK SWAPS and SAMPLES**. Please RSVP (814-824-2214, extension 101), as space is limited. All are welcome to bring in samples of their favorite **HEALTHY SNACK**, but it is **NOT REQUIRED!** THANK YOU!

A great big
THANK YOU

ERIE GIVES 2024 FINAL TALLY

THANK YOU!! *Erie Gives 2024* was a **HUGE** success for the Center! We surpassed our goal this year by raising just over \$10,000 with an unprecedented 115 donors.

Because we have grown so much and so quickly in these past few years, **we really need these additional funds** to support programming and operations. We are so grateful for the generosity and participation on this annual day of giving in our community.

Let's keep the fundraising momentum going with our upcoming BINGO BASH event on October 11th. Last year, attendees had a ton of fun, won great prizes, and made money for the Center. See additional details on the front page and again, **THANK YOU** for your generosity!

QUESTIONS? Please call 814-824-2214, extension 101 for clarification, to RSVP, and/or to schedule an appointment for any of MHC's services, activities, events, classes, workshops, etc. **THANK YOU!**

MONTHLY LUNCH BUNCH OUTING

Our monthly *Lunch Bunch* is typically on the **FIRST Wednesday** of each month. Members can meet the group there or can ride on the MHC van for **\$2**. Reservations must be accurate for the restaurant and therefore, **must be received no later than two (2) WEEKS PRIOR** to the outing date. Reservations for the *following* month's lunch **ARE ACCEPTED ON THE DATE LISTED BELOW**. The van fee is paid to MHC TO SECURE YOUR SEAT on the van. **Reservations at the restaurant are under *Mercy Hilltop Center* and are typically between 11:00 AM and 11:30 AM**. If you are unable to make it, **PLEASE CALL THE CENTER TO ALERT US**. Departure times are listed below. **IF RIDING ON THE VAN, PLEASE ARRIVE AT THE CENTER AT LEAST (15) MINUTES PRIOR TO DEPARTURE TIME**. *Upcoming Outings:*

OCTOBER 2nd: **Skunk & Goat Tavern** (17 W. Main St., North East, PA) - **Van Departs at 10:30 AM**

NOVEMBER 6th: **Vintage Wood Fire** (3826 West Ridge Rd, Erie) - **SIGN-UP OPENS ON 10/1/24**

****IF PLANNING TO JOIN US, PLEASE RSVP BEFORE THE DEADLINE****

PLEASE STAY HOME IF UNDER THE WEATHER

With the VIRUS SEASON upon us, please help us to help YOU stay healthy through the fall/winter/spring! Please do NOT come to the Center if you have SYMPTOM (S) of ANY VIRUS. This includes: fever (low-grade or otherwise), body aches, runny nose, sore throat, cough, tummy troubles and anything in between. If you are unsure that you are falling ill, but just don't feel like yourself, please take the extra precaution, call your doctor, and **STAY HOME**. Thank you for keeping fellow MHC members, instructors, and staff well this season!

Please join us in wishing a very **HAPPY BIRTHDAY** to MHC members celebrating in **OCTOBER**:

JOANN PAMIN	OCTOBER 1	PATRICIA FALLIER	OCTOBER 13
PHYLLIS DIPLACIDO	OCTOBER 3	PETE BENOIT	OCTOBER 15
MARCIA GENSHEIMER	OCTOBER 3	BRYAN HED	OCTOBER 15
BARBARA DONATO	OCTOBER 4	JOAN PADEN	OCTOBER 15
TIMOTHY DONLIN	OCTOBER 5	KATHLEEN HORAN	OCTOBER 17
PATRICIA ABRAHAM	OCTOBER 6	JUDY BEKENY	OCTOBER 18
JAY KIMBALL	OCTOBER 6	MARY ELLEN HAYNES	OCTOBER 19
MARY ANN WEBER	OCTOBER 6	PAULINE KISIEL	OCTOBER 19
DONNA COMPERNOLLE	OCTOBER 7	SR. PATRICIA WHALEN	OCTOBER 19
GREG RIDDLE	OCTOBER 8	JAMES PERRY	OCTOBER 20
BILL MATLOCK	OCTOBER 9	NANCY DUSKAS	OCTOBER 22
RICHARD MARSHALL	OCTOBER 10	EARLEEN GLASER	OCTOBER 22
JODI STANIUNAS HOPPER	OCTOBER 10	DENISE BENIM	OCTOBER 23
REMLEE PECK	OCTOBER 11	DIANE VALAHOVIC	OCTOBER 24
DENA TAVINELLO-MILLER	OCTOBER 11	MARIAN NICKS	OCTOBER 25
SUSAN BURG	OCTOBER 12	DONNA DOUGLASS	OCTOBER 27
LUCILLE EBERLEIN	OCTOBER 12	BEV WALZ	OCTOBER 27
LOIS MARANCHICK	OCTOBER 12	BILL MINNIG	OCTOBER 29
RICHARD PHEASANT	OCTOBER 12	BARBARA BECHTOLD	OCTOBER 30
		NANCY RUSSO	OCTOBER 31



Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:00 AM Chair Yoga 10:15 AM Qi Gong 11:00 AM Project CHAT 12:30 PM Studio Art 1:00 PM Dollar Movie 3:30 PM Line Dancing 4:30 PM Ballet 4:30 PM Painting Class	2 9:00 AM Cardio Blast 9:00 AM Studio Art 9:45 AM Silver Sneakers Fitness Class 10:30 AM Van Departs for Lunch Bunch 11:00 AM Canasta 12:30 PM Studio Art	3 9:00 AM Bridge 9:00 AM Knit/Crochet 10:30 AM Van Departs for Covered Bridge Tour and Late Lunch 12:00 PM Mahjong 1:00 PM Chair Yoga 2:15 PM Qi Gong	4 9:30 AM Trivia Game Sponsored by Aetna Medicare Solutions 10:30 AM Silver Sneakers Fitness Class CENTER CLOSSES AT NOON
	7 9:00 AM Cardio Blast 9:45 AM Silver Sneakers Fitness Class 11:00 AM A Day in the Life of an Erie Code Enforcement Officer 12:00 PM Pinochle 	8 9:00 AM Chair Yoga 10:00 AM Healthy Living Support Group 10:15 AM Qi Gong 12:30 PM Studio Art 1:00 PM Dollar Movie 3:30 PM Line Dancing 4:30 PM Ballet 4:30 PM Painting Class	9 9:00 AM Cardio Blast 9:00 AM Studio Art 9:45 AM Silver Sneakers Fitness Class 11:00 AM Canasta 12:30 PM Studio Art 	10 9:00 AM Bridge 9:00 AM Knit/Crochet 12:00 PM Mahjong 1:00 PM Chair Yoga 2:15 PM Qi Gong 
14 9:00 AM Cardio Blast 9:45 AM Silver Sneakers Fitness Class 11:00 AM Changes to Medicare, Part D 12:00 PM Pinochle 12:00 PM Chair Yoga with Tammy - NEW!	15 9:00 AM Chair Yoga 10:15 AM Qi Gong 12:30 PM Studio Art 1:00 PM Dollar Movie 3:30 PM Line Dancing 4:30 PM Ballet 4:30 PM Painting Class	16 9:00 AM Cardio Blast 9:00 AM Studio Art 9:45 AM Silver Sneakers Fitness Class 9:45 AM Van Departs for Bowling at Eastway 11:00 AM Canasta 12:30 PM Studio Art	17 9:00 AM Bridge 9:00 AM Knit/Crochet 12:00 PM Mahjong 1:00 PM Chair Yoga 2:15 PM Qi Gong 4:30 PM Book Club 	18 9:30 AM Oak Street Medical Office Q & A with Donuts & Cider 10:30 AM Silver Sneakers Fitness Class CENTER CLOSSES AT NOON
21  9:00 AM Cardio Blast 9:45 AM Silver Sneakers Fitness Class 11:00 AM Pet Therapy 12:00 PM Pinochle 12:00 PM Chair Yoga with Tammy - NEW!	22 9:00 AM Chair Yoga 10:00 AM Craft w/Lols 10:15 AM Qi Gong 12:30 PM Studio Art 1:00 PM Dollar Movie 3:30 PM Line Dancing 4:30 PM Ballet 4:30 PM Painting Class	23 9:00 AM Cardio Blast 9:00 AM Studio Art 9:45 AM Silver Sneakers Fitness Class 11:00 AM Canasta 12:30 PM Studio Art 	24 9:00 AM Bridge 9:00 AM Knit/Crochet 12:00 PM Mahjong 1:00 PM Chair Yoga 2:15 PM Qi Gong 4:00 PM Drum Circle with Valerie Baltzer	25 9:30 AM Benefits of Fresh, Local Produce Rick Wybrial of Legacy Hydroponics 10:30 AM Silver Sneakers Fitness Class CENTER CLOSSES AT NOON
28 9:00 AM Cardio Blast 9:45 AM Silver Sneakers Fitness Class 11:00 AM - 2:00 PM Open Enrollment App'ts 12:00 PM Pinochle 12:00 PM Chair Yoga	29 9:00 AM Chair Yoga 10:00 AM BINGO/Prizes 10:15 AM Qi Gong 12:30 PM Studio Art 1:00 PM Dollar Movie 3:30 PM Line Dancing 4:30 PM Ballet	30 9:00 AM Cardio Blast 9:00 AM Studio Art 9:45 AM Silver Sneakers Fitness Class 11:00 AM Canasta 12:30 PM Studio Art	31 HAPPY HALLOWEEN 9:00 AM Bridge 9:00 AM Knit/Crochet 12:00 PM Mahjong 1:00 PM Chair Yoga 2:15 PM Qi Gong NO EVENING ACTIVITY	

FUNDRAISER

OCTOBER FUNDRAISER

October's fundraiser CONTINUES *Cash for the Holidays started in September*. Winning numbers are based on the **PA Lottery Daily Pick 3** for each day in the month of **November**. Players can choose their number! **Tickets are \$10 each and prizes range from \$50 to \$250. You do NOT need to follow the lottery; winner are mailed checks! We are also offering a chance to WIN an iPad and/or a 50" Smart TV, but ONLY UNTIL Thursday, October 10th. Tickets are \$5 each or three for \$10! Stop by the Center front desk to purchase your tickets or for additional details. THANK YOU!**

MERCY HILLTOP CENTER STAFF

Dina Scribner, Executive Director

Jean Berarducci, Activities Coordinator

Dawn Johnson, Membership & Administrative Coordinator

Judy Bekeny, Registered Nurse

Pat Tobey, Social Worker

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