



# Hilltop News

## AUGUST 2024

A Welcoming Community Since 1973

3715 Pennsylvania Ave  
Erie, Pennsylvania 16504  
814-824-2214  
MercyHilltopCenter.com

A Sponsored Ministry of The Sisters of Mercy



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### CENTER HOURS

Monday through Thursday:

8:00 AM - 4:00 PM

Friday:

8:00 AM - 12:00 PM

### ERIE GIVES 2024 IS HERE!



Can we count on your support as we continue to grow?

We need your help to offer programs & services that help Erie's Older Adults remain active & independent!



CHECKS PAYABLE TO:  
THE ERIE COMMUNITY FOUNDATION

DELIVER OR MAIL TO MERCY HILLTOP CENTER  
3715 PENNSYLVANIA AVE, ERIE, PA 16504  
BEFORE MONDAY AUGUST 12TH

MAKE YOUR DONATION ONLINE ON AUGUST 13TH  
AT [ERIEGIVES.ORG](http://ERIEGIVES.ORG)

#### To Give Online via Credit or Debit Card:

Go online to [eriegives.org](http://eriegives.org) and browse the list to find and select *Mercy Hilltop Senior Center*. The official donation hours are 8:00 AM to 8:00 PM on Tuesday, August 13<sup>th</sup>.

#### To Give via Check:

MAKE CHECK PAYABLE to *Erie Community Foundation* and drop off at MHC with completed donation form (available at the Center). MHC staff will deliver the *Erie Gives* checks to the *Erie Community Foundation*.

-OR- you can mail your check with the form directly to *Erie Community Foundation*, 459 West 6<sup>th</sup> St., Erie, PA 16507. Checks are accepted starting on July 8<sup>th</sup> through Monday, August 12<sup>th</sup>. **BE SURE TO BEAT THE DEADLINE!** Thank you!



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**MORE  
DETAILS**

## NURSE JUDY

Nurse



There is no *Project C.H.A.T (Conversations on Healthy Aging Topics)* with Nurse Judy in the summer months; *C.H.A.T.* will pick up again next month. 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



*Legacy Hydroponics* will be in the MHC parking lot (38th Street corner) each Wednesday from 11:00 AM - 2:00 PM and advance orders can be placed at the Center's front desk. *Naughty Roots* will be here each **Tuesday morning from 10:00 AM - 12:00 Noon** and *Wiser Farms* will be here **on Tuesday afternoons from 1:30 PM - 6:00 PM.** Farmers will be here until their harvest is depleted. Please be sure to THANK these farmers for providing us with fresh, locally grown produce!



## WELCOME NEW MEMBERS

Please extend a **warm welcome** to the newest members of *Mercy Hilltop Senior Center*: **Patricia Abraham, Emma Braine, Rosanne Braine, Bernardine Elchynski, Phil Nagy, Audrey Parmenter, and Karen Stanton** all joined the Center in June. **WELCOME to Mercy Hilltop Senior Center!**

## FREE EVENING CONSULTATIONS



Pat Tobey, our Social Worker, is available on Tuesday evenings for private appointments to assist with **documents, listening to a personal concern or problem, 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 to schedule an appointment.

**IMPORTANT!  
INFORMATION!**

## FEE SCHEDULE

Mercy Hilltop Center Annual Memberships are \$25 each (\$45 for couples) with discounts for Veterans. MHC will conveniently mail a letter to members as a reminder for their annual membership renewal.

*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.

## TUESDAY DOLLAR MOVIES FOR AUGUST



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.**

8/6/24: **Gifted Hands: The Ben Carson Story** (2005 - 1 hour / 30 minutes - PG - Real Life Drama)

8/13/24: **The Bucket List** (2008 - 1 hour / 33 minutes - PG-13 - Comedic Adventure)

8/20/24: **A Beautiful Life** (2023 - 1 hour / 39 minutes - PG-13 - Romantic Drama)

8/27/24: **Your Place or Mine** (2023 - 1 hour / 51 minutes - PG-13 - Romantic Comedy)



## THIS MONTH'S FEATURED ACTIVITIES & EVENTS:

**FARMER'S MARKET EVERY TUESDAY FROM 10:00 AM - 12:00 PM - AND - FROM 1:30 PM - 6:00 PM**  
**FARMER'S MARKET EVERY WEDNESDAY FROM 11:00 AM - 2:00 PM**

THURSDAY, AUGUST 1st at 6:00 PM - **ALICE FRAZIER'S CABARET CONCERT** Detailed Flyers for this **unique Fly Me to the Moon Cabaret Concert** are Available at the Center! **\*RSVP NOW** as Space is Limited!

WEDNESDAY, AUGUST 7th at 10:15 AM - **Van DEPARTS** from Center for **LUNCH BUNCH** (Please GO TO page 5 for details) **PLEASE ARRIVE AT THE CENTER NO LATER THAN 10:00 AM FOR A TIMELY DEPARTURE!**

THURSDAY, AUGUST 8th at 2:00 PM - **Van DEPARTS FOR** a Tour of **Goodell Gardens in Edinboro** and dinner at **The Cakery (Rt. 99)**. \$2 van fee secures your seat or meet the group (no charge). **\*Please RSVP BY MONDAY, JULY 29th.** **PLEASE ARRIVE AT THE CENTER NO LATER THAN 1:45 PM FOR A TIMELY DEPARTURE!**

FRIDAY, AUGUST 9th AT 9:30 AM - **INTRODUCING: Oak Street Health Medical Office** A NEW medical practice open in Erie where doctors spend **MORE** time with a **limited number of patients.** Come to hear all about **Oak Street** and their unique approach. **Please RSVP NO LATER than Thursday, August 1st. Thank you!**



**TUESDAY, AUGUST 13th - ERIE GIVES DAY**



TUESDAY, AUGUST 13th at 10:00 AM - **HEALTHY LIVING SUPPORT GROUP** See Page 4 for details. **\*Please RSVP**

THURSDAY, AUGUST 15th AT 4:30 PM - **BOOK CLUB** (Discussing: *The Martian* by Andy Weir) **\*IF YOU ARE UNABLE TO ATTEND,** please call the Center as soon as possible to **ENSURE A BOOK IS ORDERED FOR THE NEXT MEETING!** **Next Month's Meeting:** Thursday, September 19th: *Horse* by Geraldine Brooks

FRIDAY, AUGUST 16th AT 10:00 AM - **MEET AND GREET STATE REPRESENTATIVE, BOB MERSKI**

MONDAY, AUGUST 19th at 11:00 AM - **PET THERAPY** with *Finnegan & Kody*, (*Alliance of Therapy Dogs*)

WEDNESDAY, AUGUST 21st AT 1:00 PM - **ICE CREAM SOCIAL** (Sponsor: **AETNA MEDICARE SOLUTIONS**) **\*Please RSVP NO LATER THAN Wednesday, August 14th,** so enough ice cream can be provided for all!



CONTINUED ON PAGE 4



**THIS MONTH'S FEATURED ACTIVITIES & EVENTS:**

**THURSDAY, AUGUST 22nd AT 10:15 AM - Van DEPARTS for Staganelli's Italian Foods Factory Tour. A \$2 van fee secures your seat on the MHC van or meet the group there (no charge). Staganelli's** is a family owned and operated business, known for flagship products, such as pepperoni balls, meatballs, and various pastas. This one-hour tour of the production facility, **located at 602 E. 25<sup>th</sup> Street** allows for the opportunity to witness production of their products, while learning about the great history associated with the facility. Plan to sample an array of **Staganelli's** favorites! **\*TOUR DOES INVOLVE SOME STEPS; please PLAN accordingly!**  
**PLEASE ARRIVE AT THE CENTER NO LATER THAN 10:00 AM FOR A TIMELY DEPARTURE!**

**FRIDAY, AUGUST 23rd AT 9:30 AM - MICROGREENS WORKSHOP with Master Gardner, Remlee Peck**  
 Please pick-up a Detailed Flyer, available at the Center, which includes the cost, choices, and deadline.

**MONDAY, AUGUST 26th AT 11:15 AM - PROJECT LINUS - THE NWPA CHAPTER, Presented by JoAnn Burkhart: Who Project Linus Serves and How MHC Members Can Help!** Please RSVP

**WEDNESDAY, AUGUST 28th AT 5:45 PM - VAN DEPARTS FOR Gem City Concert Band (7:00 PM at Whitford Park in Harborcreek). This is a FREE CONCERT! PLAN TO BRING A BLANKET OR FOLDING CHAIR as no chairs are set-up at these concerts. Van Seats will Fill-Up Fast (\$2 Van Fee) so SIGN-UP TODAY!**

**PLEASE RSVP (814-824-2214, EXTENSION 101) AS SOON AS POSSIBLE FOR ALL EVENTS CLASS SIZES AND/OR EVENTS ARE LIMITED DUE TO SPACE/MATERIALS, ETC.**

# News & Notes

## MONTHLY HEALTHY LIVING SUPPORT GROUP

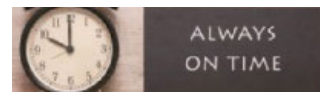
Join us for our **member-driven support group** focusing on **preventative/proactive wellness**, held on the **2nd Tuesday of EACH month at 10:00 AM** in the **Multi-Purpose Room**. Meetings aim to address all aspects of life: nutrition, fitness, relationships, stress, and sleep in a **functional health approach!** This month's meeting is on **Tuesday, August 13th at 10:00 AM** with Dawn Johnson demonstrating how easy it is to make **NON-TOXIC, Do It Yourself Laundry Detergent!** **Please RSVP (814-824-2214), as space is limited. THANK YOU!**



### TEAMWORK MAKES THE DREAM WORK!

MHC has a cleaning service, but **ONLY** on the weekend. For our members' comfort, **please alert a staff member if the restrooms need attention and/or restocking, AND/OR for spills, crumbs, etc. in any of the activity rooms.** Please **help us to continue to HELP you by CLEANING UP AFTER YOURSELVES.** If you are **unable**, please **alert a staff member** so that issues are immediately addressed. Thank you!

### DEPARTURE TIME FOR ALL VAN TRIPS



Please note that the scheduled **DEPARTURE TIME** is when the **MHC van PLANS TO PULL OUT OF THE PARKING LOT** with all signed-up members already loaded, heading to our destination. **PLEASE PLAN TO ARRIVE TO THE CENTER FIFTEEN (15) MINUTES PRIOR TO THE DEPARTURE TIME FOR EVERY TRIP.** The van can then be safely loaded and **depart on time, to then arrive at the destination on time. 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 restaurant preparations and therefore, **must be received no later than two (2) weeks prior to the outing date. Reservations for the following month's lunch ARE NOT ACCEPTED UNTIL THE DATE LISTED BELOW.** The van fee is paid to MHC TO SECURE A SEAT on the van. **Reservations at the restaurant are under Mercy Hilltop Center and made for 11:30 AM (unless otherwise noted).** 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:*

**AUGUST 7th: White Turkey Drive-In (388 Route 20 East, Conneaut, OH) - Van Departs at 10:15 AM**

**SEPTEMBER 4th: Venango Valley Inn (21217 Church St., Venango, PA) - SIGN-UP OPENS ON August 1st**

**\*NO RESERVATIONS ARE ACCEPTED LESS THAN TWO (2) WEEKS PRIOR TO OUTING DATE\***

## SAVE THE DATE!

Mark your calendar for **THURSDAY, SEPTEMBER 12th** from **11:00 AM - 2:00 PM** for **SENIOR OUTREACH DAY** at *Mercy Hilltop Senior Center*. This event will feature lunch, live musical entertainment, featured speakers, and an array of local vendors. This will be an **INDOOR and OUTDOOR** event, so please plan accordingly. **RESERVATIONS, BY WAY OF RESERVATION FORMS, WILL BE REQUIRED!** Forms will be available in the September newsletter as well as at the Center. Thank you!

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

BONNIE CASANE	AUGUST 1
JUDY BUCHMAN	AUGUST 2
KATHRYN DIGELLO	AUGUST 2
SHIRLEY BLOODWORTH	AUGUST 3
DENISE KOCHANCYK	AUGUST 3
CAROL TOMCZAK	AUGUST 3
BARBARA WYSOCKI	AUGUST 3
MARY ANN FABIN	AUGUST 4
PAUL SABOL	AUGUST 4
FLORENCE VOELKER	AUGUST 4
RICHARD WRIGHT	AUGUST 4
GEORGE FEUCHT	AUGUST 5
MARGE SANTABENE	AUGUST 5
RAYMOND SCHUSCHU	AUGUST 5
EDRIC CAMP	AUGUST 8
MARIAM MIR	AUGUST 9
ALICE RYAN	AUGUST 9
MARILYN SMITH	AUGUST 9
JANE EARLL	AUGUST 10
BECKY TROMMER	AUGUST 11
AL WALZ	AUGUST 11
ED HALTER	AUGUST 14
CINDY SEKULA	AUGUST 14
PATRICIA KOZINSKI	AUGUST 15



AUGUST  
BIRTHDAYS

CHRISTINE ROTH	AUGUST 15
ANNE SPRING	AUGUST 15
MARY WINKLER	AUGUST 15
KEVIN COHICK	AUGUST 17
SALLY DONIKOWSKI	AUGUST 17
WENDELL RIZZO	AUGUST 17
BARBARA PROBA	AUGUST 18
MARYANNE HUSTER	AUGUST 19
CHUCK WOLFRAM	AUGUST 19
BONITA HERMAN	AUGUST 22
PATRICIA CHLEBOWSKI	AUGUST 23
CHARLOTTE FUHRMAN	AUGUST 24
MARTHA KAVENEY	AUGUST 24
ANNA WEST	AUGUST 24
SUSAN HART	AUGUST 26
EDITH NISKANEN	AUGUST 27
JACQUELINE GEORGE	AUGUST 28
JOYCE CRISHOCK	AUGUST 29
ROSALIE CONSTANTINE	AUGUST 30
TOM EBERLEIN	AUGUST 30
JUDIE HARRISON-MEANS	AUGUST 31
MICHAEL LUKEHART	AUGUST 31
JUDY PETERMAN	AUGUST 31
DIANE WISNIEWSKI	AUGUST 31

Monday	Tuesday	Wednesday	Thursday	Friday
 <h1>August</h1>			<b>1</b> 9:00 AM Bridge 9:00 AM Knit/Crochet 12:00 PM Mahjong 1:00 PM Chair Yoga 2:15 PM Qi Gong <b>6:00 PM Alice Frazier's            CABARET CONCERT</b>	<b>2</b> 10:30 AM Silver Sneakers Fitness Class  <b>CENTER CLOSSES AT NOON</b>
<b>5</b> 9:00 AM Cardio Blast 9:45 AM Silver Sneakers Fitness Class 12:00 PM Pinochle 	<b>6 FARMERS MARKET</b> 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	<b>7 FARMERS MARKET</b> 9:00 AM Cardio Blast 9:00 AM Studio Art 9:45 AM Silver Sneakers Fitness Class <b>10:15 AM Van Departs            for Lunch Bunch</b> 11:00 AM Canasta 12:30 PM Studio Art	<b>8</b> 9:00 AM Bridge 9:00 AM Knit/Crochet 12:00 PM Mahjong 1:00 PM Chair Yoga <b>2:00 PM Van Departs            for Goodell Gardens &amp;            The Cakery on Rt. 99</b> 2:15 PM Qi Gong	<b>9</b> <b>9:30 AM Introducing            Oak Street Health            Medical Office</b> 10:30 AM Silver Sneakers Fitness Class <b>CENTER CLOSSES AT NOON</b>
<b>12</b> 9:00 AM Cardio Blast 9:45 AM Silver Sneakers Fitness Class 12:00 PM Pinochle 	<b>13 ERIE GIVES! FARMERS MARKET</b>  9:00 AM Chair Yoga <b>10:00 AM Healthy Living</b> 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	<b>14 FARMERS MARKET</b> 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	<b>15</b> 9:00 AM Bridge 9:00 AM Knit/Crochet 12:00 PM Mahjong 1:00 PM Chair Yoga 2:15 PM Qi Gong <b>4:30 PM Book Club</b> 	<b>16</b> <b>10:00 AM Meet and            Greet State Repre-            sentative, Bob Merski</b> 10:30 AM Silver Sneakers Fitness Class <b>CENTER CLOSSES AT NOON</b>
<b>19</b> 9:00 AM Cardio Blast 9:45 AM Silver Sneakers Fitness Class <b>11:00 AM Pet Therapy</b> 12:00 PM Pinochle 	<b>20 FARMERS MARKET</b> 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	<b>21 FARMERS MARKET</b> 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 <b>1:00 PM Ice Cream            Social (Aetna Sponsor)</b>	<b>22</b> 9:00 AM Bridge 9:00 AM Knit/Crochet <b>10:15 AM Van Departs            for Staganelli's Italian            Foods' Factory Tour</b> 12:00 PM Mahjong 1:00 PM Chair Yoga 2:15 PM Qi Gong	<b>23</b> <b>9:30 AM Microgreens            Workshop with Remlee</b> 10:30 AM Silver Sneakers Fitness Class  <b>CENTER CLOSSES AT NOON</b>
<b>26</b> 9:00 AM Cardio Blast 9:45 AM Silver Sneakers Fitness Class <b>11:15 AM Introducing            the NWP Chapter of            Project Linus</b> 12:00 PM Pinochle	<b>27 FARMERS MARKET</b> 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	<b>28 FARMERS MARKET</b> 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 <b>5:45 PM Van Departs for            Gem City Concert Band</b>	<b>29</b> 9:00 AM Bridge 9:00 AM Knit/Crochet 12:00 PM Mahjong 1:00 PM Chair Yoga 2:15 PM Qi Gong <b>NO EVENING EVENT</b>	<b>30</b> 10:30 AM Silver Sneakers Fitness Class  <b>CENTER CLOSSES AT NOON</b>



**FUNDRAISER**

**AUGUST FUNDRAISER**

Our August fundraiser is **BUY A SQUARE!** A laminated, numbered board from 1-75 will be posted in the lobby where members can purchase as many numbered squares as desired. Each square is \$5 and on **Friday, August 30th, the winning number will be pulled and the winner notified.** If all 75 squares are purchased, the winner will take home \$187.50! **THANK YOU FOR YOUR CONTINUED SUPPORT OF MHC!**

**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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Amy Danzer, Board Co-Chair

Jennifer Agnello, Secretary

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Dina Scribner, Executive Director

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