



Hilltop News

JULY 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 COMING!

Erie Gives Day, Tuesday August 13th, is coming soon. This is a very important event for our center. Last year, we raised enough money to start the accessible ramp.

We have grown so much in the past two years, in both the number of new members, and the quality of programs and services we offer. This is wonderful, but with such growth comes added expenses, especially in terms of operating the center and maintaining the facility.

This year all funds awarded to Mercy Hilltop on Erie Gives day will be used to continue operations of our Center. I ask you to please take a moment to reflect on what the Center means to you, and what it is worth to you when considering your donation amount on Erie Gives Day.

Please spread the word with your family, friends, and anyone who will listen, that *Mercy Hilltop Senior Center* makes a positive difference for independent older adults! As a non-profit, we rely primarily on fundraising and grants, and can only continue our mission through the generosity of many donors.

Gratefully,
Dina Scribner, Executive Director



To Give Online via Credit or Debit Card:

Go online to 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 13th.

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 6th St., Erie, PA 16507. Checks are accepted starting on July 8th through Monday, August 12th. **BE SURE TO GET CHECKS IN BEFORE THE DEADLINE!** Thank you!

The Center will be **CLOSED FOR ACTIVITIES** on **THURSDAY, JULY 4th** and **FRIDAY, JULY 5th** in observance of **INDEPENDENCE DAY.**



INSIDE THIS ISSUE:

- Headline.....1
- Center Information.....2
- Featured Announcements.....2
- Nurse Judy.....2
- Movies.....3
- Featured Activities/Trips.....3, 4
- News and Notes.....4
- Birthdays.....5
- Lunch Outings.....5
- Monthly Calendar.....6
- Monthly Fundraiser.....7
- Staff / Board Members.....7

NURSE JUDY



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 in September. 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 through September. Advance orders can be placed at the Center's front desk. *Naughty Roots* will be joining us each **Tuesday morning from 10:00 AM - 12:00 Noon** starting on July 9th. *Wiser Farms* will be here **each Tuesday afternoon from 1:30 PM - 6:00 PM** 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*: Jay Kimble, Gerald Kaufman, Kris Kerr, and Edith Niskanen all joined the Center in May. **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.

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, please see Dawn at the Front Desk and she'll put it into the system.

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 JULY



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.

7/2/24: *The Sound of Freedom* (2023 - 2 hours / 10 minutes* - PG-13 - Suspense)

7/9/24: *Love, Divided* (2024 - 1 hour / 38 minutes - PG-13 - Romantic Comedy)

7/16/24: *Skyscraper* (2018 - 1 hour / 42 minutes - PG-13 - Action Drama)

7/23/24: *Glass* (2019 - 2 hours / 9 minutes* - PG-13 - Sci-Fi Thriller)

7/30/24: *Freud's Last Session* (2023—1 hour / 48 minutes - PG-13 - Drama)

***Movies with an (*):
Please Note Length of Film!**



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

WEDNESDAY, JULY 3rd at 10:50 AM - **Van DEPARTS from Center for LUNCH BUNCH** (See page 5 for details) **PLEASE ARRIVE AT THE CENTER NO LATER THAN 10:35 AM FOR A TIMELY DEPARTURE!**

****THE CENTER IS CLOSED ON THURSDAY, JULY 4th AND FRIDAY, JULY 5th FOR INDEPENDENCE DAY****

TUESDAY, JULY 9th at 10:00 AM - **HEALTHY LIVING SUPPORT GROUP** See Page 4 for details. **Please RSVP**

THURSDAY, JULY 11th at 12:45 PM - **Van DEPARTS FOR LETTIE G. HOWARD 2:00 PM AFTERNOON SAIL** (ONLY \$10 for the sail, Van Fee is \$2, both payable to MHC). **If riding on MHC van, PLEASE ARRIVE AT THE CENTER BY 12:30 PM FOR A TIMELY DEPARTURE!** Members can also meet the group at *Dobbins Landing* **NO LATER THAN 1:30 PM. MHC filled the entire boat completely last year, so don't delay, SIGN-UP TODAY!!**

MONDAY, JULY 15th at 11:00 AM - **PET THERAPY** with *Finnegan & Kody*, Certified Therapy Dogs (*Alliance of Therapy Dogs*)

THURSDAY, JULY 18th AT 4:30 PM - **BOOK CLUB** (Discussing: *Wish You Were Here* by Jodi Picoult) ***IF YOU ARE UNABLE TO ATTEND, please call the Center as soon as possible to ENSURE YOUR BOOK IS ORDERED FOR THE FOLLOWING MONTH'S MEETING! Next Month's Meeting: Thursday, August 15**

FRIDAY, JULY 19th AT 9:30 AM - **CASH BINGO** (\$1 Per Card - No Limit!) **Please RSVP as space is limited!**

MONDAY, JULY 22nd at 9:15 AM - **Van DEPARTS from Center for BEMUS POINT TRIP** - A trip to Bemus Point (\$3 Van Fee) to sightsee, shop locally, and have lunch at *The Village Casino*. **Please RSVP BY MONDAY, JULY 8th AND PLEASE ARRIVE AT THE CENTER NO LATER THAN 9:00 AM FOR A TIMELY DEPARTURE!**

WEDNESDAY, JULY 24th AT 12:15 PM - **Van DEPARTS for SENIOR DAY AT THE BALLPARK** (SEAWOLVES GAME TIME IS 1:05 PM and \$10 includes Lunch Special and Ball Game Ticket! Van Fee of \$2; both Payable to MHC) **PLEASE ARRIVE AT THE CENTER NO LATER THAN 12:00 PM!**



CONTINUED ON PAGE 4

THIS MONTH'S FEATURED ACTIVITIES & EVENTS:

THURSDAY, JULY 25th AT 4:00 PM - DRUM CIRCLE All instruments are provided for the demonstration, which is facilitated by Valerie Baltzer. Always a **VERY LIVELY** event and **so much FUN** for all!

FRIDAY, JULY 26th AT 9:30 AM - CRAFTING WITH DAWN JOHNSON (Making *Paper Flowers in Bud Vases*, just like the ones on the **bookshelves in the MHC Library**. Members are welcome to bring a vase of their own if preferred. \$2 donation is appreciated. **Please RSVP by Monday, July 15th for adequate supplies.**

MONDAY, JULY 29th AT 11:15 AM - SUMMER SOCIAL WITH MHC STAFF **Summertime Refreshments will be served. *Please RSVP NO LATER THAN Monday, July 22nd.**

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

News & Notes

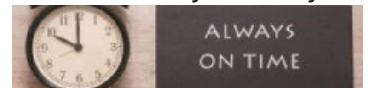
MONTHLY HEALTHY LIVING SUPPORT GROUP

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, July 9th at 10:00 AM.** The group will share **healthy summer recipes**, (fruit or vegetable salads, desserts, and/or favorite items from the grill)! **Please RSVP (814-824-2214) if planning to attend.** Dawn at the front desk will assist in making copies of recipes to be shared with the group! **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 able, and if you are not, please alert a staff member so that we can tend to any issues immediately. 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!**



SAVE THE DATE FOR A CABARET CONCERT IN AUGUST!

New York Cabaret & concert artist AND Erie Native, **ALICE FRAZIER**, will sing songs from her show called **Fly Me To The Moon**, on **Thursday, August 1st, at 6:00 PM** featuring, **Downtown, Fly Me To the Moon, Put Your Head on My Shoulder, Moon River, The Prayer**, made famous by Andrea Bocelli and much more. A beautiful voice and a fabulous show you don't want to miss! **Stop by the Center for a two-page informative and illustrative packet**, which includes a reviews and a brief bio of **Alice Frazier** and her accomplishments!

MONTHLY LUNCH BUNCH OUTING

Our monthly *Lunch Bunch* is typically on the **FIRST Wednesday** of each month. Members can meet the group there or ride on the MHC van for **\$2 fee**. 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 TAKEN STARTING ON THE DATE BELOW.** If you are unable to make it, **PLEASE CALL THE CENTER TO ALERT US.** The \$2 van fee is paid to MHC TO SECURE YOUR SEAT on the van. **Reservations at the restaurant are under *Mercy Hilltop Center* and made for 11:30 AM (unless otherwise noted).** 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:*

JULY 3rd: *Underdog BBQ* (2714 W. 8th St.) followed by ice cream at *Sara's* - **Van Departs at 10:50 AM**

AUGUST 7th: *White Turkey Drive-In* (388 Route 20 East, Conneaut, OH) - **Sign-Up Opens on July 1**

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

NEW! SENIOR CARDIO BLAST CLASS

Don't let the name of this class intimidate you! *MHC's NEW SENIOR CARDIO BLAST* is on **Monday and Wednesday mornings at 9:00 AM.** It's a **30-MINUTE LOW IMPACT CARDIO** class, which includes a **5-minute warm up, a 5-minute cool-down, and a stretch** (plus chairs are available if needed). **Stop in to try the class!**

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

LISA WOLFORD	JULY 2	THERESA BROOKS	JULY 18
EDITH COCCARELLI	JULY 3	CAROL FETZNER	JULY 18
KAREN GRODE	JULY 4	JEAN SELKREGG	JULY 18
SUSAN WENDEL	JULY 4	ANNETTE GARTHWAITE	JULY 19
BARBARA DAILEY	JULY 5	CHRISTINE MONTGOMERY	JULY 19
KATHI GEORGE	JULY 5	MARY ADIUTORI	JULY 20
SUSAN MERSKI	JULY 5	EMILY ERNES	JULY 21
JOANN NAGLE	JULY 5	CAROL SCHNEIDER	JULY 21
MICHAEL BEDNAR	JULY 6	MARIAN TAYLOR	JULY 22
RICH ZATYNSKI	JULY 8	DEBORAH TROCKI	JULY 23
MADELINE HARTLEB	JULY 9	BARBARA EBERLEIN	JULY 26
SUSAN MARTIN	JULY 10	PEGGY LASKEY	JULY 27
DOROTHY MOLDER	JULY 11	JONI PORTER	JULY 27
PAT NEMENZ	JULY 11	NANCY GALE REEDY	JULY 27
RICHARD BUTERBAUGH	JULY 12	LUCIE DEVRIES	JULY 29
SHIRLEY WIDOMSKI	JULY 13	MARGE GIACOBELLO	JULY 29
RICK KLAPTHOR	JULY 15	EDWARD IGNATOVICH	JULY 29
CAROLYN LAFATA	JULY 15	MARGERY CAMPBELL	JULY 30
JEAN MERRYMAN	JULY 15	HELEN HEDDERICK	JULY 30
RICHARD BIRK	JULY 17	MARCINE ROGERS	JULY 30
MEG MALY	JULY 17	KAREN SALVATORE	JULY 30



Monday	Tuesday	Wednesday	Thursday	Friday
1 9:00 AM Cardio Blast 9:45 AM Silver Sneakers Fitness Class 12:00 PM Pinochle 	2 FARMERS MARKET 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	3 FARMERS MARKET 9:00 AM Cardio Blast 9:00 AM Studio Art 9:45 AM Silver Sneakers Fitness Class 10:50 AM VAN DEPARTS for Lunch Bunch 11:00 AM Canasta 12:30 PM Studio Art	4 Center is Closed HAPPY 4th 	5 Center is Closed OF JULY!
8 9:00 AM Cardio Blast 9:45 AM Silver Sneakers Fitness Class 12:00 PM Pinochle 	9 FARMERS MARKET 9:00 AM Chair Yoga 10:00 AM Healthy Living Support Group Meeting 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	10 FARMERS MARKET 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	11 9:00 AM Bridge 9:00 AM Knit/Crochet 12:00 PM Mahjong 12:45 PM Van Departs for Dobbins Landing for Lettie G. Howard Sail 1:00 PM Chair Yoga 2:15 PM Qi Gong	12 10:30 AM Silver Sneakers Fitness Class  CENTER CLOSES AT NOON
15 9:00 AM Cardio Blast 9:45 AM Silver Sneakers Fitness Class 11:00 AM Pet Therapy 12:00 PM Pinochle 	16 FARMERS MARKET 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	17 FARMERS MARKET 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	18 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 	19 9:30 AM CASH BINGO \$1 Per Card - No Limit 10:30 AM Silver Sneakers Fitness Class  CENTER CLOSES AT NOON
22 9:00 AM Cardio Blast 9:15 AM Van Departs for Bemus Point Trip 9:45 AM Silver Sneakers Fitness Class 12:00 PM Pinochle	23 FARMERS MARKET 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	24 FARMERS MARKET 9:00 AM Cardio Blast 9:00 AM Studio Art 9:45 AM Silver Sneakers Fitness Class 11:00 AM Canasta 12:15 PM Van Departs for SEAWOLVES GAME 12:30 PM Studio Art	25 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 Facilitated by Valerie Baltzer	26  9:30 AM Paper Flower Craft with Dawn 10:30 AM Silver Sneakers Fitness Class CENTER CLOSES AT NOON
29 9:00 AM Cardio Blast 9:45 AM Silver Sneakers Fitness Class 11:15 AM Summer Social with MHC Staff 12:00 PM Pinochle	30 FARMERS MARKET 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	31 FARMERS MARKET 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		

FUNDRAISER

JULY FUNDRAISER



Our July fundraiser is **JOKER'S WILD!** A full deck of cards, including one **JOKER** will be posted on a board, face down. **Players select a card for \$5 each and write their name on the outside.** On **Wednesday, July 31st**, the person whose name is on the **Joker Card** is the winner and will be notified. **If all 53 cards are purchased, the winner will take home \$132.50! 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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