



# Hilltop News

## JUNE 2024

A Welcoming Community Since 1973  
 3715 Pennsylvania Ave  
 Erie, Pennsylvania 16504  
 814-824-2214  
 MercyHilltopCenter.com



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**CENTER HOURS**  
 Monday through Thursday:  
 8:00 AM - 4:00 PM

Friday:  
 8:00 AM - 12:00 PM

A Sponsored Ministry of The Sisters of Mercy

### MEET MHC's CHAIR YOGA INSTRUCTORS!

Mercy Hilltop Senior Center offers *Chair Yoga* on Tuesday morning at 9:00 AM and on Thursday afternoon at 1:00 PM. Yoga is widely practiced to improve flexibility, balance, a sense of calm, and for overall health and well-being. Meet Mercy Hilltop Senior Center's Yoga instructors and their impressive background (s):

**Diana Grieshofer**, our Tuesday morning instructor is a registered yoga teacher through *YogaFit* (RYT) and approved *Yoga Alliance* 200-hour teacher training program. In addition, Diana has been certified in an 100-hour *Yoga Fit Warrior* certification specializing in healing both physical and emotional trauma with yoga. Diana has been a fitness instructor since 1978, teaching classes at the *Glenwood YMCA*, *Pennbriar Athletic Club*, and at *LECOM Wellness Center*. She has taught gentle and multi-level yoga classes, as well as restorative programs, as our bodies yearn for peace and balance. Diana teaches from a place of compassion and has participated in Ayurvedic principles with *YogaFit*, as well as *YogaFit for Addiction and Recovery*. She is always seeking out more knowledge to bring together body, mind and spirit to all her classes.



**Valerie Baltzer**, our Thursday afternoon instructor, is a registered 200-hour yoga teacher, certified meditation instructor, certified *Yoga Warriors* instructor, and most recently, a *Drum Circle* Facilitator. Valerie is a self-proclaimed original *wild child*. Born in rural Pennsylvania, Valerie has spent time in Colorado, California, Florida, and Tennessee. Although a *wild child*, education has always been part of Valerie's journey! In addition to her formal education (through traditional academia), she has been studying people, cultures, various philosophies, alternative healing, spiritual and other healing modalities, as well as earning her *EOLD (End Of Life Doula)*. Valerie is helping people stay strong and flexible; mind, body, breath, and spirit so that they can enjoy life now, as well as into the future. You can also find Valerie on her Facebook page, *Spirit Yoga with Valerie*.



The Center will be **CLOSED FOR ACTIVITIES** on **WEDNESDAY, JUNE 26th** for the 36th Annual Golf Outing at **VENANGO VALLEY INN AND GOLF COURSE**.



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## PROJECT C.H.A.T with NURSE JUDY



June's *Project C.H.A.T (Conversations on Healthy Aging Topics)* with Nurse Judy is on Tuesday, June at 4th at 11:00 AM. Nurse Judy will address recent questions on *Nutrition and Weight Management*. She is also 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) if you'd like 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 the months of June, July, August and September. *Naughty Roots* will be joining us each Tuesday morning from 10:00 AM - 12:00 Noon starting in late June until their harvest is depleted. *Wiser Farms* will be here each Tuesday afternoon from 1:30 PM - 6:00 PM starting on Tuesday, July 2nd. BE SURE TO STOP BY for fresh, locally grown produce.

## WELCOME NEW MEMBERS



Please extend a warm welcome to the newest members of *Mercy Hilltop Senior Center*: Barbara Bauda, Camille Cutrone, Lori Daisley, Nancy and Constance Duskas, Karen Huey, Leann Kennedy, Patti Parmenter, Eileen Raap, Sharon Shaffer, Lori Uplinger, Maribeth Whitehill, Mary Winkler, Diane Wisniewski, and Lynne Wright all joined the Center in April. **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 JUNE**



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.**

6/4/24: *Home Team* (2022 - 1 hour / 39 minutes - PG - Family Comedy)

6/11/24: *Footloose* (1984 - 1 hour / 47 minutes - PG - Romantic Drama)

6/18/24: *An Irish Wish* (2024 - 1 hour / 33 minutes - PG - Romantic Comedy)

6/25/24: *The Miracle Club* (2023 - 1 hour / 30 minutes - PG-13 - Heartfelt Drama)

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

MONDAY, JUNE 3rd - **RAFFLE BASKET FUNDRAISER BEGINS** - See Page Seven (7) for Details and Pricing

TUESDAY, JUNE 4th at 11:00 AM - **Project CHAT with Nurse Judy** (See Page 2 for Topic of Discussion)

WEDNESDAY, JUNE 5th at 10:30 AM - Van Departs from Center for **LUNCH BUNCH** (See page 5 for details)

THURSDAY, JUNE 6th at 6 PM - **Comedy and Chocolate with MEG MALY** Please RSVP BY MAY 27th

FRIDAY, JUNE 7th at 9:30 AM - **ROCK PAINTING** Sponsored by **UPMC Family Hospice** Please RSVP BY MAY 30th

MONDAY, JUNE 10th at 9:15 AM - **VAN DEPARTS FOR BEMUS POINT TRIP** - A trip to Bemus Point (\$3 Van Fee) for sightseeing, shopping at local shops, and lunch at **The Fish.** Please RSVP BY TUESDAY, MAY 28th

TUESDAY, JUNE 11th at 10:00 AM - **HEALTHY LIVING SUPPORT GROUP** See Page 4 for details. Please RSVP

WEDNESDAY, JUNE 12th FROM 12:00 PM - 2:00 PM - **ERIE HOT DOG CART IN THE MHC PARKING LOT** (Lunch Special: **\$5 for a Smith's Hot Dog, Bag of Chips and Beverage.**) Please RSVP BY JUNE 3rd

WEDNESDAY, JUNE 12th AT 1:00 PM - **BEAN BAG TOSS (AKA CORNHOLE) GAME IN THE MHC FRONT PARKING LOT,** Sponsored by **Aetna Medicare Solutions** Please RSVP BY JUNE 3rd



THURSDAY, JUNE 13th at 4:30 PM - **RECORDKEEPING: What information is Vital to Keep While Moving Through Various Stages and Situations in Life?** This information will be presented by **Nancy Dusckas**, Owner and Funeral Director at **Dusckas Funeral Homes.** Nancy will discuss and answer questions regarding organizing documents from the past, the present, and for the future. Please RSVP BY JUNE 5th

FRIDAY, JUNE 14th at 9:30 AM - **SUMMER CRAFT SPONSORED BY LIFE NWPA** (Personalizing Reusable Canvas Shopping Bags) Flyers with Sample Photos Available at the Center. Please RSVP BY JUNE 5th

MONDAY, JUNE 17th at 9:45 AM - **VAN DEPARTS FOR 9-HOLES OF GOLF AT JC MARTIN GOLF COURSE** (\$2 Van Fee) **Course Fees: \$13 per person walking / \$19 per person with cart** (payable to golf course)

MONDAY, JUNE 17th at 11:00 AM - **PET THERAPY** with **Finnegan & Kody, Certified Therapy Dogs (Alliance of Therapy Dogs)**

CONTINUED ON PAGE 4 →

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

THURSDAY, JUNE 20th AT 4:30 PM - **BOOK CLUB** (Discussing: *The Seven Husbands of Evelyn Hugo* by Taylor Jenkins Reid). **Next Month:** Thursday, July 18th (*Wish You Were Here* by Jodi Picoult)

FRIDAY, JUNE 21st AT 10:00 AM - **FAIRY GARDEN FANTASY WORKSHOP** led by Remlee Peck (\$25 per person payable to Remlee on June 21st - **THE CENTER WILL PAY THE FIRST \$10 FOR MEMBERS WHO WISH TO ATTEND THE WORKSHOP, SO THE COST WILL ONLY BE \$15 for members!**). Detailed Flyers with Photos Available at the Center. **SPACE IS LIMITED! Please RSVP BY MONDAY, JUNE 10th**

MONDAY, JUNE 24th AT 11:15 AM - **OFFICE OF PA ATTORNEY GENERAL PRESENTS: Top Technology Scams (Including Phone and Digital [Email and Text])** Please RSVP

WEDNESDAY, JUNE 26th - **CENTER IS CLOSED TODAY (36th ANNUAL GOLF OUTING IN VENANGO)**

THURSDAY, JUNE 27th at 1:20 PM - **VAN DEPARTS FOR MARITIME MUSEUM TOUR** (The Museum Tour is **free for members!** Van Fee is \$2) Please RSVP as soon as possible as this trip will **FILL UP FAST!** Members are welcome to car pool and meet the group at the museum (located near the Blasco Library). **Be prepared for the tour to last an hour and one half or more.** Although the museum is two floors, there is an elevator and accessible. The tour is completely **ON FOOT, SO PLEASE PLAN ACCORDINGLY!**

**PLEASE RSVP (814-824-2214) AS SOON AS POSSIBLE FOR ALL EVENTS**  
**CLASS SIZES AND/OR EVENTS MAY BE 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**. The purpose of this group is to address all aspects of life (nutrition, fitness, relationships, stress, sleep) in a **functional health approach with support from fellow members!** This month's meeting is on **Tuesday, June 11th at 10:00 AM** and we will be making **MAGNESIUM SPRAY MIST** to be used topically. **Please RSVP (814-824-2214) to attend NO LATER THAN THURSDAY, MAY 30th** so enough materials can be ordered. **THANK YOU!**

### SPONSORED CRAFTS THIS SUMMER!

The Center takes a break from **Crafting with Lois** during the months of June, July and August while many members may be traveling and with family. However, **SPONSORED FREE** crafts are offered with local organizations whose services are directly related to serving older adults. **UPMC Family Hospice** and **Life NWPA** will be hosting crafts at the Center this month! **Sign-up as soon as possible as space will be limited!**

### ROCK PAINTING

Ruth from **UPMC Family Hospice** presents, **Stepping Into the Unknown** on **Friday, June 7th at 9:30 AM** a brief presentation about their unique end-of-life care, support, and education plus a **FUN** session of **ROCK PAINTING**. Please **RSVP by May 30th** (814-824-2214) as space will be limited. 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 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 (10) MINUTES PRIOR TO DEPARTURE TIME.** *Upcoming Outings:*

- JUNE 5th: *The Rambler* (24527 US Highway 6 and 19, Cambridge Springs) - **Van Departs at 10:30 AM**
- JULY 3rd: *Underdog BBQ* (2714 W. 8th St.) followed by ice cream at Sara's - **Sign-Up Opens on June 3**

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


## 36th ANNUAL GOLF OUTING TO BENEFIT MERCY HILLTOP

Our *36th Annual Golf Outing* will be held on *Wednesday, June 26th* at *Venango Valley Inn and Golf Course.* **THE CENTER IS CLOSED ON WEDNESDAY, JUNE 26th,** reopening on Thursday, June 27th at 8:00 AM. Stop by the Center to pick up an informational brochure to sign-up your foursome today. Thank you for your support!

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

RAYMOND KALIVODA	JUNE 1	KATHERINE KRAINSKI	JUNE 14
ALICE PIETROFESA	JUNE 1	LOIS LAFURIA	JUNE 14
MARILYN RICHARDSON	JUNE 2	SHARON PIANO	JUNE 14
DIANNE LEWIS	JUNE 4	DIANE NUCERINO	JUNE 16
SUZANNE SELLENY	JUNE 4	MARILYNN STADTMILLER	JUNE 16
KATHLEEN HUBBARD	JUNE 5	BARBARA DUCHINI	JUNE 18
JENNIFER SIBILIA	JUNE 5	FRANK SCHWARTZ	JUNE 19
EVELYN LUDWIG	JUNE 6	GAYLE CHRISTENSEN	JUNE 20
LINDA SAGURNEY	JUNE 6	ANTOINETTE KASPRZAK	JUNE 22
MARY DONOVAN	JUNE 7	CATHAY KRAMER	JUNE 22
JOHN MAXEINER	JUNE 7	LORRAINE ROSE	JUNE 22
MARLENE FITCH	JUNE 8	EILEEN ENGEL	JUNE 24
JUNE DRYFOOS	JUNE 9	DENISE LOREI	JUNE 24
DIANE LEGGATE	JUNE 9	BARBARA WALTERS	JUNE 24
JUDY ARKWRIGHT	JUNE 10	LAURIE DAISLEY	JUNE 25
ROBERTA MCCALL	JUNE 11	DORIS SAYBAN	JUNE 26
BARBARA PRESCOTT	JUNE 11	JUDY MICULANDRA	JUNE 27
CARMEN CABAN	JUNE 12	ROBERT KOSOBUCKI	JUNE 28
RITA WERYHA	JUNE 12	ELAINE RYAN	JUNE 28
		DONALD TRAPP	JUNE 30



Monday	Tuesday	Wednesday	Thursday	Friday
<b>3 RAFFLE BASKETS</b> 9:00 AM Cardio Blast 9:30 AM 500 Bid 9:45 AM Silver Sneakers Fitness Class 12:00 PM Pinochle 	<b>4</b> 9:00 AM Chair Yoga 10:15 AM Qi Gong <b>11:00 AM Project CHAT</b> 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>5 FARMERS MARKET</b> 9:00 AM Cardio Blast 9:00 AM Studio Art 9:45 AM Silver Sneakers Fitness Class <b>10:30 AM Lunch Bunch</b> 11:00 AM Canasta 12:30 PM Studio Art	<b>6</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 Comedy and Chocolate (Meg Maly)</b>	<b>7</b> <b>9:30 AM Rock Painting</b> <i>Sponsored by UPMC Family Hospice</i> 10:30 AM Silver Sneakers Fitness Class CENTER CLOSSES AT NOON
<b>10</b> 9:00 AM Cardio Blast <b>9:15 AM Bemus Point Trip Departs</b> 9:30 AM 500 Bid 9:45 AM Silver Sneakers Fitness Class 12:00 PM Pinochle	<b>11</b> 9:00 AM Chair Yoga <b>10:00 AM Healthy Living Support Group Meeting</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>12 FARMERS MARKET</b> 9:00 AM Cardio Blast 9:00 AM Studio Art 9:45 AM Silver Sneakers Fitness Class 11:00 AM Canasta <b>12 PM Erie Hot Dog Cart</b> <b>1:00 PM Bean Bag Toss</b> 12:30 PM Studio Art	<b>13</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 Presentation: Recordkeeping by Nancy Dusckas</b>	<b>14</b> <b>9:30 AM Sponsored Craft with Life NWP</b> 10:30 AM Silver Sneakers Fitness Class  CENTER CLOSSES AT NOON
<b>17</b> 9:00 AM Cardio Blast 9:30 AM 500 Bid 9:45 AM Silver Sneakers Fitness Class <b>9:45 AM Depart for JC Martin Golf Course</b> <b>11:00 AM Pet Therapy</b> 12:00 PM Pinochle	<b>18 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>19 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>20</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>21</b> <b>9:30 AM Fairy Garden Fantasy Workshop</b> <i>(See Page 4 for Details)</i> 10:30 AM Silver Sneakers Fitness Class CENTER CLOSSES AT NOON
<b>24 LAST DAY FOR RAFFLE BASKETS!</b> 9:00 AM Cardio Blast 9:30 AM 500 Bid 9:45 AM Silver Sneakers Fitness Class <b>11:15 AM PA Atty. Gen. Presents: Tech Scams</b> 12:00 PM Pinochle	<b>25 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>26 FARMERS MARKET</b> CENTER IS CLOSED FOR ACTIVITIES DUE TO THE ANNUAL GOLF OUTING! 	<b>27</b> 9:00 AM Bridge 9:00 AM Knit/Crochet 12:00 PM Mahjong 1:00 PM Chair Yoga <b>1:20 PM Van Departs: Maritime Museum Tour</b> 2:15 PM Qi Gong	<b>28</b> 10:30 AM Silver Sneakers Fitness Class  CENTER CLOSSES AT NOON
				

## FUNDRAISER

## JUNE FUNDRAISER



Our June fundraiser will feature **ASSORTED RAFFLE BASKETS** for our 36th Annual Golf Outing! Assorted baskets with **consumable and practical items** will be on display at the Center, starting on Monday, June 3rd. Everyone has until **Monday, June 24th** to get their tickets in! Raffle tickets are available for **\$10 per sheet of (26) chances** -OR- **\$15 for three (3) sheets of (26) chances**. **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

### MERCY HILLTOP CENTER BOARD MEMBERS

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Amy Danzer, Board Co-Chair

Jennifer Agnello, Secretary

Laura Hellman, Treasurer

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