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MercyHilltopCenter.com

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Hilltop News

MARCH 2024



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CENTER HOURS

Monday through Thursday:

8:00 AM - 4:00 PM

Friday:

8:00 AM - 12:00 PM

THE CENTER WILL BE
CLOSED ON FRIDAY,
MARCH 29th IN
OBSERVATION OF GOOD
FRIDAY.

HAVE A BLESSED
EASTER!



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***DURING THIS SEASON OF LENT, LEADING INTO
EASTER, WE REMEMBER THE WISE WORDS OF
SISTER CATHERINE MCAULEY, THE FOUNDER OF
THE SISTERS OF MERCY:***

***We seem to forget that God calls upon us to take up our
cross, and that this cross must be composed of something.***

***God has never bestowed all his blessings on one person. He
did not give to St. Peter what he gave to St. Paul, nor to
either what he gave to St. John.***

***When we give ourselves entirely into the hands of God He
will so sweetly ordain all things for our greater comfort,
even in this life.***



Nurse

**NO PROJECT C.H.A.T with NURSE JUDY IN MARCH!**

There is **NO Project C.H.A.T (Conversations on Healthy Aging Topics)** with Nurse Judy for the month of March. It will be back on the schedule in April! Nurse Judy is available on most Tuesday and Thursdays for *in-person visits/appointments* and she can *also contact members by phone*. Please call the Center (814-824-2214) if you'd like to speak with Nurse Judy. Thank you!

FRESH LOCAL PRODUCE!

Legacy Hydroponics is providing our members the opportunity to purchase fresh produce during off-harvest months. Produce choices include: **Bell peppers, tomatoes, strawberries, cucumbers** and canned items include: **sweet pepper relish, and spicy cowboy candy**. Orders and payment **MUST** be received by noon on **Mondays** with produce distributed on **Wednesdays**. Order forms available at the Center's front desk! Thank you!



NEW MEMBERS

WELCOME NEW MEMBERS

Please extend a warm welcome to the newest members of Mercy Hilltop Center: **Barbara Anderson, Terry Brooks, Bill Feehley, Elmer Hess, Paul and Marcine Rogers, Cindy Sekula and Therese Wells** all joined the Center in January. **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 and/or bill pay, medical portals like My UPMC or My Chart, and/or social security.gov** accounts. Please call 814-824-2214 to schedule your appointment.

More Info

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 fee is not received, a member is considered *inactive* until received. We rely on these funds to operate our Center. Thank you for understanding.

TUESDAY DOLLAR MOVIES FOR MARCH



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 plan to arrive early to get your seat.** **MOVIES START PROMPTLY at 1:00 PM.**

3/5/24: *The Adam Project** (2022 - 1 hour / 46 minutes - PG-13 - Family Sci-Fi Adventure) ***Replaying Movie Due to Power Outage on 1/9/24 only 35 minutes into Film***

3/12/24: *The Karate Kid* (1984 - **2 hours / 7 minutes*** - PG - Inspirational Drama) ***Please Note Length of Film**

3/19/24: *Murder Mystery* (2019 - 1 hour / 38 minutes - PG-13 - Action Comedy)

3/26/24: *A Perfect Pairing* (2022 - 1 hour / 42 minutes - PG-13 - Romantic Drama)

DETAILS ON THIS MONTH'S FEATURED ACTIVITIES & EVENTS:

MONDAY, MARCH 4th AT 11:30 AM - **LUNCH AND LEARN WITH SARAH REED SENIOR LIVING:** *Understanding Senior Living Options* - Does planning for your future seem overwhelming? Are you wondering what options are available to you? Please join Brittini and Carey from Sarah Reed Senior Living to learn more about the possibilities that Sarah Reed has to offer. **Lunch will be provided along with a chance to win a door prize!** ***Please RSVP by Monday, February 26th so that enough food can be provided for everyone!**

TUESDAY, MARCH 5th AT 1:00 PM - Presentation of **TOTALITY!** At PSU Behrend's Yahn Planetarium. *Learn why eclipses happen, how to safely view them, and where you need to be to capture this beautiful event.* **SEE DETAILED FLYER INSIDE THIS MONTH'S NEWSLETTER!** **VAN DEPARTS AT 12:30 PM (\$2 Van Fee).** ***Please RSVP no later than Friday, February 23rd.**

WEDNESDAY, MARCH 6th AT 11:00 AM - Van Departs from the Center for **LUNCH BUNCH AT THE HARBOR HOUSE** (See page 5 for details. Reservations are at 11:30 AM under Mercy Hilltop Senior Center)

THURSDAY, MARCH 7th at 4:00 PM - **COMEDY HOUR WITH MEG MALY** - *Laughter is the Best Medicine: A Healthier Outlook with Comedy and Laughter.* ***Please RSVP**

MONDAY, MARCH 11th at 1:00 PM - **IRISH MUSIC CONCERT WITH MISERY BAY DULCIMER CLUB** ***RSVP**

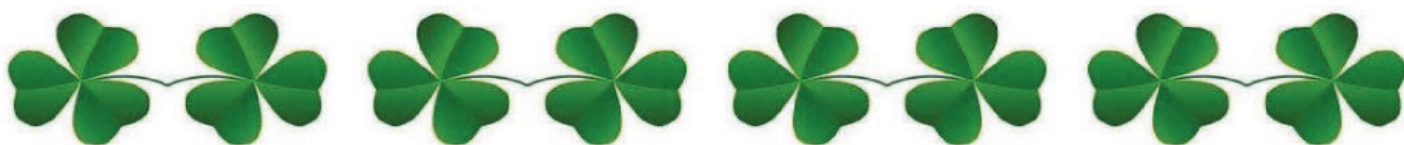
TUESDAY, MARCH 12th AT 10:00 AM - **HEALTHY LIVING SUPPORT GROUP** See Page 4 for details. ***RSVP**

THURSDAY, MARCH 14th AT 4:30 PM - **FEATURE FILM: *The Immortal Life of Henrietta Lacks*** ***Please RSVP**

MONDAY, MARCH 18th AT 11:00 AM - **PET THERAPY** with Certified Therapy Dogs: Murray, Finnegan & Kody (*Alliance of Therapy Dogs*).

TUESDAY, MARCH 19th AT 10:00 AM - **CRAFTING WITH LOIS: Making All Occasion Greeting Cards** - Sample Pictures Available at the Center. ***Please RSVP as space is limited!**

CONTINUED ON PAGE 4 →



DETAILS ON THIS MONTH'S FEATURED ACTIVITIES & EVENTS:

THURSDAY MARCH 21st AT 4:30 PM - BOOK CLUB (Discussing: *Killing Lincoln* by Bill O'Reilly). Upcoming Book Club Meetings and accompanying books to be discussed:

Thursday, April 18th:	<i>Follow The River</i> by James Alexander Thom
Thursday, May 16th:	<i>American Dirt</i> by Jeanine Cummins
Thursday, June 20th:	<i>The Seven Husbands of Evelyn Hugo</i> by Taylor Jenkins Reid

FRIDAY MARCH 22nd AT 9:30 AM - HERB GARDEN CONTAINER CLASS - Create a 3 or 4 Herb Garden Container of your own (\$25 or \$30) from a variety of seeds. **The first ten (10) members to sign-up will SAVE 50% OFF (COST = \$12.50 or \$15) on BEHALF OF A MERCY MINISTRY GRANT! *Please RSVP**

MONDAY, MARCH 25th AT 11:15 AM - UNDERCOVER (AGENT MCGILL - PA ATTORNEY GENERAL'S OFFICE)

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

News & Notes

MONTHLY HEALTHY LIVING SUPPORT GROUP

MHC hosts a **member-driven support group** focusing on **preventative and proactive wellness** on the **second 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 and friends!**

This month's meeting will be on **Tuesday, March 12th at 10:00 AM** and will feature a discussion on the health benefits of proper **Vitamin D and Magnesium supplementation**. Please call to RSVP (814-824-2214).

Technology Assistance

TECHNOLOGY HELP AVAILABLE!

We have another **Mercyhurst University** student who will be helping our members work through issues on their devices **during the month of March**. Lockie can **help members more efficiently utilize their smart phones, laptops, and tablets and answer questions**. Please call (814-824-2214) or stop by the front desk to book your one-on-one appointment. Thank you for taking advantage of this opportunity!



DONATIONS



The **Center is CURRENTLY NOT ACCEPTING DONATIONS OF** either **YARN OR BOOKS** as there is no storage capacity. **PLEASE DO NOT BRING THESE ITEMS TO THE CENTER AT THIS TIME!** Thank you!

NEW 500 BID GAME



Starting in **March**, MHC will host a newly formed **500 Bid** game here at the Center. Please join us for the first game on **Monday, March 4th at 9:30 AM**. 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 (814-824-2214). **Reservations for the *following* month's lunch ARE TAKEN STARTING ON THE DATE BELOW.** If you are unable to make it, for any reason, **PLEASE CALL THE CENTER TO ALERT US.** The \$2 van fee is paid to MHC TO SECURE YOUR SEAT on the van. The van departure time is listed below. *Upcoming Outings:*

MARCH 6th: Harbor House (4454 Buffalo Road, Erie) - **Van Departs at 11:00 AM**

APRIL 3rd: The Colony Pub & Grille (2670 West 8th Street, Erie) - **Sign-Up Opens on 3/1/24**

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

SENIORS FOR SAFE DRIVING

Seniors for Safe Driving Mature Driver Improvement Course is coming to MHC again this spring and fall! Dates for 2024: Monday, April 22nd from 11:30 AM - 3:30 PM - OR - Monday, September 16th from 11:30 AM - 3:30 PM

Stop by the Center to pick up information on course cost and registration details. ALL ATTENDEES MUST REGISTER IN ADVANCE TO ATTEND THE COURSE as seats are limited. Thank you!

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

ROSS RUSSO	MARCH 1	SUSAN STAAF	MARCH 13
NANCY TRAPP	MARCH 2	ELIZABETH UTZ	MARCH 13
KATHERINE BAILEY	MARCH 3	KATHARINE HOFFMAN	MARCH 16
ROBERT CUNNINGHAM	MARCH 4	CHRIS PREEDIT	MARCH 16
ELIZABETH SCEIFORD	MARCH 4	PATRICIA LILLY	MARCH 17
PATRICIA KOMOSA	MARCH 5	JANICE HIRNEISEN	MARCH 18
PATRICIA KANE	MARCH 6	CAROL REESE	MARCH 18
VALERIE BALTZER	MARCH 7	BARBARA BOWERS	MARCH 19
DEBORAH BERNARDINI	MARCH 7	LINDA LENDA	MARCH 20
JUDY GRAHAM	MARCH 7	FRED ROACH	MARCH 20
KAREN MCGRATH	MARCH 7	PAT CAMERONI	MARCH 21
MICHAEL MOSKO	MARCH 7	SHIRLEY COLONNA	MARCH 22
STEPHANIE WOOD	MARCH 8	JIM LAYDEN	MARCH 25
BOB MINICHELLI	MARCH 9	THOMAS DEGEORGE	MARCH 26
ROSEMARIE DIBUONO	MARCH 10	CHRISTINE FIALKOWSKI	MARCH 26
LOUISE GARRELTS	MARCH 11	PATRICIA MAZURKIEWICZ	MARCH 26
SHARON CORSELLO	MARCH 12	LINDA WILLIAMS	MARCH 28
CAROL ISACKS	MARCH 12	JANE CARNEY	MARCH 29
RICH KUHCINSKI	MARCH 13		



Monday	Tuesday	Wednesday	Thursday	Friday
				1 10:30 AM Silver Sneakers Chair Class  CENTER CLOSING AT NOON
4 9:30 AM 500 Bid 9:45 AM Silver Sneakers Chair Class 11:00 AM Lunch and Learn with Sarah Reed Senior Living 12:00 PM Pinochle	5 ^{Let's} DANCE 9:00 AM Chair Yoga 10:15 AM Qi Gong 12:30 PM Studio Art 12:30 PM Van Departs for Yahn Planetarium 1:00 PM Movie 3:30 PM Line Dancing 4:30 PM Ballet 4:30 PM Painting Class	6 9:00 AM Studio Art 9:45 AM Silver Sneakers Chair Class 11:00 AM Van Departs for Lunch Bunch 11:00 AM Canasta, etc. 12:30 PM Studio Art	7 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 Comedy Hour with Meg Maly	8 10:30 AM Silver Sneakers Chair Class  CENTER CLOSING AT NOON
11 9:30 AM 500 Bid 9:45 AM Silver Sneakers Chair Class 12:00 PM Pinochle 1:00 PM Irish Music Concert with Misery Bay Dulcimer Club 	12 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 Movie 3:30 PM Line Dancing 4:30 PM Ballet 4:30 PM Painting Class	13 9:00 AM Studio Art 9:45 AM Silver Sneakers Chair Class 11:00 AM Canasta, etc. 12:30 PM Studio Art 	14 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 Feature Film: The Immortal Life of Henrietta Lacks	15 10:30 AM Silver Sneakers Chair Class  CENTER CLOSING AT NOON
18 9:30 AM 500 Bid 9:45 AM Silver Sneakers Chair Class 11:00 AM Pet Therapy 12:00 PM Pinochle 	19 9:00 AM Chair Yoga 10:00 AM Craft w/Lois 10:15 AM Qi Gong 12:30 PM Studio Art 1:00 PM Movie 3:30 PM Line Dancing 4:30 PM Ballet 4:30 PM Painting Class	20 9:00 AM Studio Art 9:45 AM Silver Sneakers Chair Class 11:00 AM Canasta, etc. 12:30 PM Studio Art 	21 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	22 9:30 AM Herb Garden Container Class 10:30 AM Silver Sneakers Chair Class  CENTER CLOSING AT NOON
25 9:30 AM 500 Bid 9:45 AM Silver Sneakers Chair Class 11:15 AM Undercover with Agent McGill of PA Atty. General's Office 12:00 PM Pinochle	26 DANCE 9:00 AM Chair Yoga 10:15 AM Qi Gong 12:30 PM Studio Art 1:00 PM Movie 3:30 PM Line Dancing 4:30 PM Ballet 4:30 PM Painting Class	27 9:00 AM Studio Art 9:45 AM Silver Sneakers Chair Class 11:00 AM Canasta, etc. 12:30 PM Studio Art	28 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 HOLY THURSDAY	29  CENTER IS CLOSED



MARCH FUNDRAISER



Our March fundraiser will be **Luck O' the Irish Gift Card Tree**. Chances are \$5 each. The lucky winner will be drawn on **Monday, April 1st** and will take home \$100 worth of grocery and gas gift cards! **THANK YOU!**

MERCY HILLTOP CENTER STAFF

Dina Scribner, Executive Director

Dawn Johnson, Membership & Administrative Coordinator

Pat Tobey, Social Worker

Jean Berarducci, Activities Coordinator

Judy Bekeny, Registered Nurse

MERCY HILLTOP CENTER BOARD MEMBERS

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Bob Harrington

Brian Hennessy

Laura Myers

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