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Hilltop News

JUNE 2023



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CENTER HOURS

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

Friday:
8:00 AM - 12:00 PM

***THE CENTER IS
CLOSED ON**

**WEDNESDAY, JUNE 28th
FOR THE ANNUAL GOLF
OUTING AT VENANGO***

INSTRUCTOR SPOTLIGHT

Throughout the year, Mercy Hilltop Senior Center will be featuring our Instructors whose dedication to our Members is so Appreciated! This month, we are featuring *Tauna Hunter*, our *Ballet Barre* Instructor:



Mercy Hilltop Senior Center offers ***Ballet Barre Class*** each **Tuesday at 4:30 PM**. This class is for beginners or those who have had previous lessons. The class introduces and utilizes basic steps and techniques of ballet to stretch and strengthen foot/leg/arm muscles and to improve balance. No previous experience in Ballet is needed! Ballet shoes/slippers are NOT required; a pair of socks will work just fine. Tauna's extensive background is remarkable. Her **full biography is available at the Center**; here is a snapshot of her impressive credentials:

Tauna Hunter is Professor Emeritus and retired Chair of Dance at Mercyhurst University (1994-2019). She began her dance training with Willam F. Christensen and continued at the University of Utah where she earned B.F.A. and M.F.A. degrees in ballet performance and choreography. She performed as a principal dancer with Ballet West and Dallas Ballet and appeared as a guest artist with Ballet Concerto, Colorado Ballet, David Taylor Dance Theatre, Northern Ballet Theatre (England), The Pavlova Celebration International Tour and numerous regional companies throughout the United States. She has been honored with the Chautauqua Artist Teacher Award, Erie Arts and Culture Lifetime Achievement Award, the University of Utah Legacy Award and was highlighted in the July 2017 issue of Dance Teacher Magazine. She currently serves as Chair of the Erie Arts and Culture board and on the Advisory Boards of Ballet Concerto (TX) and Dance Now Miami! (FL). She has also served on the University of Utah Artistic Advisory Council, the National Association of Schools of Dance board and locally acted as artistic advisor to Lake Erie Ballet for eighteen years as well as serving as President and Chairman of the board for the Erie Dance Consortium (Erie, PA) from 2000-2010.



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Please join us in welcoming **Dawn Johnson** as our **new Membership and Administrative Coordinator**. Dawn has several years of administrative experience and will begin training with Michelle in early June. She lives in Edinboro with her husband and has five adult children, two sons-in-law, two grandchildren, four adorable dachshunds, and two grand-dogs. Dawn is excited to join the Mercy Hilltop Senior Center team, to meet our incredible members and to help MHC grow!



NURSE JUDY'S MONTHLY PROJECT C.H.A.T.

Nurse Judy's Project C.H.A.T. (Conversations on Healthy Aging Topics) is a great way for members to: **ASK** about health topics, **HEAR** answers to frequently asked questions, **LEARN** about new health trends, and **SHARE** your insights! The next Project C.H.A.T. is on **Tuesday, June 13th at 11:15 AM** in the **Community Room** (come for C.H.A.T. and stay for the movie!). Nurse Judy will be presenting Fruits and Vegetables; What you May Not Know, as June is **National Fresh Fruits and Vegetables** month! Please join us!



EXCITING NEWS

We are thrilled to bring **Local Farmers' Markets** to MHC this summer! Once dates/times are finalized, we'll publish the schedule AND the farms participating to help bring **LOCAL, FRESH PRODUCE** to our members this summer!



WELCOME NEW MEMBERS

Please extend a **warm welcome** to the newest members of Mercy Hilltop Center: Michele Eichenlaub, Emily Ernes, Peggy Fries, Christiane Gorndt, Mariam Mir, Dale Pehrsson, Kathy Smith, Marianne Swanson, Dena Tavinello-Miller, and Marian Zill all joined the Center in April. **WELCOME to MHC!**



MONTHLY FUNDRAISER WINNER

April's monthly fundraiser was a **BUY A SQUARE** (buy a numbered square for \$5 for a chance to win \$187.50). Our winner was **Kathy Jackson**; she took home \$177.50. **CONGRATULATIONS, Kathy!** See page seven (7) for details on this month's fundraiser. As always, we thank you for your support!



FREE EVENING CONSULTATIONS

Pat Tobey, our Social Worker, is available on Tuesday evenings for appointments to assist with **documents, listening to a personal concern or problem, giving advice and connecting members to the appropriate resource, and/or discussing topics related to presentations offered at the Center**. Pat offers **private, confidential sessions to assist with setting up online banking and/or bill pay, medical portals like My UPMC or My Chart**, as well as set-up **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.

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 attended for MHC to receive credit!**

TUESDAY DOLLAR MOVIES FOR JUNE



Join us for **Tuesday Dollar Movies!** Each Tuesday, we feature a movie for \$1 in our community room. Although rare, 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.

6/6/23: *Jurassic Park* (1993 – 2 hours / 7 minutes* – Rated PG-13 – Sci-Fi Thriller) ***Please Note Length of Film**

6/13/23: *The Greatest Showman* (2017 – 1 hour / 45 minutes – PG– Biographical Musical)

6/20/23: *Every Which Way But Loose* (1978 – 1 hour / 50 minutes – PG – Action Comedy)

6/27/23: *I Wanna Dance With Somebody* (2022 – 1 hour / 49 minutes – PG-13 – Biographical Drama)

FEATURED SPEAKERS, ACTIVITIES, TRIPS & EVENTS IN JUNE:

Thursday, June 1st at 3:30 PM - Bigfoot Pest Control Presents: *How to Deal with Summertime Pests**



Monday, June 5th at 11:00 AM - Lori Peters of Bras Thermography Presents: *An Introduction to Thermography - What is it and What are the Benefits?*



Monday, June 5th at 1:30 PM - Van Departs for Bayfront CC for eligible members to pick up GECAC vouchers*

Wednesday, June 7th at 10:15 AM - Lunch Bunch Departs (see page 5 for details)



Thursday, June 8th at 4:30 PM - Lettie G. Howard Sets Sail on Presque Isle Bay*

Monday, June 12th at 9:45 AM - Van Departs for 9-holes of golf at Joseph C. Martin Golf Center*

Tuesday, June 13th at 11:15 AM - Project C.H.A.T with Nurse Judy (see page 2 for details & topic)



Thursday, June 15th at 4:30 PM - Book Club*

Friday, June 16th at 9:30 AM - Retirement Party for Michelle Fladd - Join Us To Wish Michelle a Happy Retirement on her Last Day at the Center!*



Monday, June 19th at 11:00 AM - Doug Dunbar Presents: *Dogs that Work* followed by Pet Therapy*



Tuesday, June 20th at 10:00 AM - Crafting with Lois - Beach Glass Lighthouse (\$2 donation)*

Wednesday, June 21st at 9:15 AM - Van Departs for Tour and Lunch at Tara, A Country Inn (Clark, PA)*

Thursday, June 22nd at 3:30 PM - Vinny Stefanelli Presents: *Casual Music Get-Together, Part 1**

Monday, June 26th at 11:00 AM - Gabby from Heritage Health Care Hosts: Trivia



Tuesday, June 27th at 10:00 AM - Understanding EOB's (**Explanation of Health Benefits**) by Bruce Davis



Wednesday, June 28th - **CENTER IS CLOSED** for the Annual Golf Outing at Venango Valley

Thursday, June 29th at 3:30 PM - Vinny Stefanelli Presents: *Casual Music Get-Together, Part 2**

***SEE PAGE FOUR (4) FOR ADDITIONAL DETAILS ON ACTIVITIES/EVENTS WITH AN ASTERISK (*)**

****PLEASE SIGN-UP (814-824-2214) AS SOON AS POSSIBLE FOR ALL EVENTS YOU WISH TO ATTEND****

CLASS SIZES AND/OR EVENTS MAY BE LIMITED DUE TO RESTRICTIONS ON SPACE/MATERIALS, ETC.



ANNUAL GOLF OUTING ON JUNE 28th

MHC is **CLOSED ON WEDNESDAY, JUNE 28th** for the **ANNUAL GOLF OUTING** at **Venango Valley Inn & Golf**. Thank you!

SUMMERTIME PESTS DISCUSSION WITH BIGFOOT PEST CONTROL



Clay Bannister of **BigFoot Pest Control** will discuss *How to Deal with Summertime Pests* on **Thursday, June 1st at 3:30 PM**.



GECAC FARMERS MARKET FOOD VOUCHERS

The van departs from the Center at **1:30 PM on Monday, June 5th** for the **Bayfront Convention Center** to pick up food vouchers. **Information on eligibility and additional details available at the Center.** There is no van fee.

LETTIE G. SAILBOAT EXCURSION



The **Lettie G. Howard** sets sail at **4:30 PM (until 6 PM) on Thursday, June 8th**. The cost is **\$10 TOTAL** per person, paid in advance to MHC. **All payments must be received by Friday, May 26th.** **REMINDERS:** Plan to arrive by 4:10 PM at Dobbins Landing, boat is NOT accessible; must be ambulatory (can use a walker to get on/off), seats are benches (no backs), restrooms are ACCESSIBLE by a ladder only, and **it sails out RAIN OR SHINE** (no umbrellas allowed); please wear a rain jacket, just in case! Lettie G. boards right near the Bicentennial Tower at Dobbins Landing.



GOLFING ANYONE?

The van will depart at **9:45 AM on Monday, June 12th** for 9-holes of golf at JC Martin Golf Center. A \$2 van fee secures your spot; please sign-up at the front desk. **WE NEED AT LEAST THREE (3) MEMBERS to make the trip! Golf fees (payable to JCM upon arrival):** 9-holes of golf (walking) = \$11, Cart fee with **TWO RIDERS** = \$5 (each), Cart fee for **ONE RIDER** = \$6. **Sign-up deadline is May 26th.** **RAIN DATE** is Monday, June 19th. Thank you!

BOOK CLUB (3rd Thursday of the Month at 4:30 PM)



Thursday, June 15th: Wish You Well by David Baldacci and on **Thursday, July 20th: The Indigo Girl** by Natasha Boyd



RETIREMENT PARTY FOR MICHELLE

All are invited to a **Retirement Party** for Michelle on her last day at the Center, which is **Friday, June 16th at 9:30 AM**. Refreshments will be served. Please RSVP (814-824-2214) **NO LATER THAN Monday, June 12th.** Thank you!

DOGS THAT WORK PRESENTATION PLUS PET THERAPY



Doug Dunbar, Murray's "dad", presents: **Dogs That Work** on **Monday, June 19th at 11:00 AM**, discussing the five categories of **Dogs That Work**. Immediately following, Murray and Finnegan will provide some **Pet Therapy!** Please join us!



JUNE CRAFTING WITH LOIS

Crafting with Lois on **Tuesday, June 20th at 10:00 AM** will be a **Beach Glass Lighthouse in a picture frame**. Sample pictures are available at the Center. **PLEASE RSVP** (814-824-2214) as space is limited! We appreciate a \$2 donation.

TRIP TO TARA, A COUNTRY INN



The Van departs at **9:15 AM on Wednesday, June 21st** for **Tara, A Country Inn** near Sharon, PA for a **TOUR**, followed by a family style **LUNCH (full menu available at the Center)**. **WE NEED AT LEAST 20 people signed-up to make this excursion happen!** Carpooling is highly recommended as our van only holds 11 passengers. \$2 van fee holds your spot on the van. The **TOTAL** cost for **Tara** (tour and lunch) is **\$24.95** per person and is paid to MHC prior. There is **NO elevator**, and 2 flights of stairs during the tour so please plan accordingly. **Reservations and Payments MUST BE received by June 5th.**



CASUAL MUSIC GET-TOGETHERS (TWO-PART SERIES)

Vinny Stefanelli, Director of **Music for Veterans**, hosts a two-part music series on **Thursday, June 22nd at 3:30 PM** and on **Thursday, June 29th at 3:30 PM** and will feature **live music, sing-a-longs**, and lively discussions on how music enriches everyone's life. This program is made possible through a grant from **Erie Arts & Culture**. Please RSVP (814-824-2214).

MONTHLY LUNCH BUNCH OUTING

Our monthly *Lunch Bunch* is typically on the *FIRST Wednesday* of each month except July. 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 outing will NOT BE TAKEN until on or after the first of the month (the month of this newsletter).** Sign-up **deadline is TWO (2) WEEKS PRIOR** to outing. The \$2 van fee is paid to MHC TO SECURE YOUR SEAT on the van. DEPARTURE TIMES ARE LISTED BELOW. *Upcoming Outings:*

JUNE 7th: Ferrante Winery & Ristorante (5585 SR 307, Geneva, OH) - **Van Departs at 10:15 AM**

JULY 12th: Lakeside Beach Bar (220 West Plum Street, Edinboro) - **Van Departs at 10:30 AM**

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

DIABETES PREVENTION PROGRAM

For members attending the *Diabetes Prevention Program* on Tuesdays through the *Sight Center of NW PA*, the group meets once per month starting in JUNE, on the second Tuesday. Upcoming classes: June 13th, July 11th, and August 8th. The classes start promptly at 10:00 AM. Thank you!

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

MARILYN RICHARDSON	JUNE 2	SHARON PIANO	JUNE 14
DIANNE LEWIS	JUNE 4	DIANE NUCERINO	JUNE 16
SUZANNE SELLENY	JUNE 4	MARILYNN STADTMILLER	JUNE 16
EVELYN LUDWIG	JUNE 6	FRANK SCHWARTZ	JUNE 19
LINDA SAGURNEY	JUNE 6	MARTI ADAMCZYK	JUNE 21
MARY DONOVAN	JUNE 7	CATHAY KRAMER	JUNE 22
JUDITH JOHNS	JUNE 7	LORRAINE ROSE	JUNE 22
JOHN MAXEINER	JUNE 7	EILEEN ENGEL	JUNE 24
DAVID REYNARD	JUNE 9	DENISE LOREI	JUNE 24
JUDY ARKWRIGHT	JUNE 10	FLORENCE DAUB	JUNE 25
ROBERTA MCCALL	JUNE 11	DORIS SAYBAN	JUNE 26
BARB PRESCOTT	JUNE 11	JUDY MICULANDRA	JUNE 27
RITA WERYHA	JUNE 12	ROBERT KOSOBUCKI	JUNE 28
GERRY ADAMCZYK	JUNE 14	ELAINE RYAN	JUNE 28
KATHERINE KRAINSKI	JUNE 14	CARRIE BECKMAN	JUNE 29
LOIS LAFURIA	JUNE 14		



Monday	Tuesday	Wednesday	Thursday	Friday
			1 9:00 AM Bridge 9:00 AM Knit/Crochet 12:30 PM Mahjong 1:00 PM Chair Yoga 2:15 PM Qi Gong 3:30 PM <i>Presentation: Summertime Pests</i>	2 10:30 AM Silver Sneakers Chair Class  CENTER CLOSSES AT NOON
5 9:45 AM Silver Sneakers Chair Class 11:00 AM <i>Introduction to Thermography</i> 12:00 PM Pinochle 1:30 PM <i>Van Departs for GECAC Food Vouchers</i>	6 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	7 9:00 AM Studio Art 9:45 AM Silver Sneakers Chair Class 10:15 AM <i>Lunch Bunch Departs from Center</i> 11:30 AM Canasta 12:30 PM Studio Art	8 9:00 AM Bridge 9:00 AM Knit/Crochet 12:30 PM Mahjong 1:00 PM Chair Yoga 2:15 PM Qi Gong 4:30 PM <i>Lettie G. Sets Sail on Presque Isle Bay</i>	9 10:30 AM Silver Sneakers Chair Class  CENTER CLOSSES AT NOON
12 9:45 AM Silver Sneakers Chair Class 9:45 AM <i>Van Departs for Golfing at John C. Martin Golf Center</i> 12:00 PM Pinochle	13 9:00 AM Chair Yoga 10:15 AM Qi Gong 11:15 AM <i>Project CHAT</i> 12:30 PM Studio Art 1:00 PM Movie 3:30 PM Line Dancing 4:30 PM Ballet 4:30 PM Painting Class	14 Flag Day  9:00 AM Studio Art 9:45 AM Silver Sneakers Chair Class 11:30 AM Canasta 12:30 PM Studio Art	15 9:00 AM Bridge 9:00 AM Knit/Crochet 12:30 PM Mahjong 1:00 PM Chair Yoga 2:15 PM Qi Gong 4:30 PM <i>Book Club</i>	16 9:30 AM <i>Retirement Party for Michelle!</i> 10:30 AM Silver Sneakers Chair Class CENTER CLOSSES AT NOON
19 9:45 AM Silver Sneakers Chair Class 11:00 AM <i>Dogs That Work Presentation w/ Pet Therapy to Follow</i> 12:00 PM Pinochle	20 9:00 AM Chair Yoga 10:00 AM <i>Craft with Lois</i> 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	21 Summer Begins 9:00 AM Studio Art 9:15 AM <i>Van Departs for Tara, A Country Inn</i> 9:45 AM Silver Sneakers Chair Class 11:30 AM Canasta 12:30 PM Studio Art	22 9:00 AM Bridge 9:00 AM Knit/Crochet 12:30 PM Mahjong 1:00 PM Chair Yoga 2:15 PM Qi Gong 3:30 PM <i>Music Get-Together, Part 1</i>	23 10:30 AM Silver Sneakers Chair Class  CENTER CLOSSES AT NOON
26 9:45 AM Silver Sneakers Chair Class 11:00 AM <i>Gabby from Heritage Health Hosts: TRIVIA</i> 12:00 PM Pinochle	27 9:00 AM Chair Yoga 10:00 AM <i>Bruce Davis: Understanding EOB's</i> 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	28 CENTER IS CLOSED 	29 9:00 AM Bridge 9:00 AM Knit/Crochet 12:30 PM Mahjong 1:00 PM Chair Yoga 2:15 PM Qi Gong 3:30 PM <i>Music Get-Together, Part 2</i>	30 10:30 AM Silver Sneakers Chair Class CENTER CLOSSES AT NOON



JUNE FUNDRAISER

Our June fundraiser will be **RAFFLE BASKETS**. An *variety of lovely raffle baskets* will be in the front lobby area through Friday, June 23rd (*the last day to purchase tickets*). The baskets will be raffled off on **Wednesday, June 28th at the annual golf outing**. Raffle ticket prices are **\$10 FOR ONE SHEET of 26 TICKETS OR \$15 FOR TWO SHEETS of 26 TICKETS**. Tickets can be purchased at the front desk of the Center. **Thank you for your continued support!**

MERCY HILLTOP CENTER STAFF

Dina Scribner, Executive Director

Michelle Fladd, Membership & Administrative Coordinator

Pat Tobey, Social Worker

Jean Berarducci, Activities Coordinator

Judy Bekeny, Registered Nurse

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