



# Hilltop News

## SEPTEMBER 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

**THE CENTER WILL BE CLOSED ON MONDAY, SEPTEMBER 2nd IN OBSERVANCE OF LABOR DAY**



It is often said that August signals the end of summer. September, however, can be one of the loveliest months in Erie! Thanks to a generous ECGRA grant, and the creativity and labor of our landscaper, Dave Wander, and team, you, our members, can now enjoy the beautiful new patio at the Center.

We encourage all of you to enjoy the outdoor space in the coming months before winter arrives. Please feel free to sit outside and chat before, after, and between activities. Enjoy your lunch on the patio. For ALL activity groups, if you feel inspired to move your activity outside on a nice day, please do. But keep in mind that other members may also be enjoying the patio! The Center will occasionally plan an activity or an event outdoors, however, the patio is open to all during Center hours.

Pictured below are members enjoying a *Summer Social* on the patio's opening day, complete with Erie Hot Dog Cart and frozen treats.



**SENIOR OUTREACH DAY** is on Thursday, September 12th from 11:00 AM - 2:00 PM at Mercy Hilltop Senior Center and will include lunch, live music, featured speakers, and an array of resource and information tables. This is an **INDOOR and OUTDOOR** event, so please plan accordingly. **RESERVATION FORMS WILL BE REQUIRED** and are available at the Center.

**MHC MEMBERS' RESERVATIONS MUST BE RECEIVED BY AUGUST 26th**, as reservations will then be **OPENED UP** to the public. **THANK YOU!**

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## MORE DETAILS

### NURSE JUDY

Nurse



The next **Project C.H.A.T (Conversations on Healthy Aging Topics)** with Nurse Judy will be on Tuesday, October 1st at 11:00 AM. The topic will be: **Understanding Appetite**. 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!



Fruit and Vegetables

FARMERS' MARKET



FARMERS MARKET

**Legacy Hydroponics** will be in the MHC parking lot (38th Street corner) each Wednesday from 11:00 AM - 2:00 PM; 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**. The farmers will be here until their harvest is depleted (through most of September). 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**: Sandra Chermack, Karen Davis, Tim Donlin, Larry LaFata, and Laura O'Neil all joined the Center in July. **WELCOME to our Center!**

### FREE EVENING CONSULTATIONS

FREE  
CONSULTATION

Pat Tobey, our Social Worker, is available on Tuesday evenings for private appointments to assist with **documents, listening to personal concerns, 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, extension 101, to schedule an appointment.

## IMPORTANT! INFORMATION!

### FEE SCHEDULE

**Annual Memberships are \$25 each (\$45 for couples) with a discount always honored for our 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 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.

**QUESTIONS? Please call 814-824-2214, extension 101 for clarification, to RSVP, and/or to schedule an appointment for any of MHC's services, activities, events, classes, workshops, etc. THANK YOU!**

## TUESDAY DOLLAR MOVIES FOR SEPTEMBER



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.**

9/3/24: **The Peanut Butter Falcon** (2019 - 1 hour / 37 minutes - PG-13 - Comedic Drama)

9/10/24: **Find Me Falling** (2024 - 1 hour / 33 minutes - PG-13 - Romantic Comedy)



9/17/24: **Ghostbusters: Frozen Empire** (2024 - 1 hour / 55 minutes - PG-13 - Sci-Fi Family Comedy)

9/24/24: **The Circle** (2017 - 1 hour / 49 minutes - PG-13 - Dramatic Thriller)

## THIS MONTH'S FEATURED ACTIVITIES & EVENTS:

**FARMER'S MARKET EVERY TUESDAY FROM 10:00 AM - 12:00 PM**

**FARMER'S MARKET EVERY WEDNESDAY FROM 11:00 AM - 2:00 PM**

MONDAY, SEPTEMBER 2nd - **THE CENTER IS CLOSED IN OBSERVANCE OF LABOR DAY**

WEDNESDAY, SEPTEMBER 4th 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, SEPTEMBER 5th at 10:45 AM - **Van DEPARTS FOR lunch at La Cucina Della Nonna Italian Rest., followed by a visit to the Lucille Ball-Desi Arnaz Museum & Center for Comedy in Jamestown, NY. A \$3 van fee secures your seat or meet the group (no charge), \$10 Admission to Museum for Members/\$20 for Non-Members (pay at Center) and lunch is the responsibility of each participant. \*Please RSVP BY MONDAY, AUGUST 26th. PLEASE ARRIVE AT THE CENTER NO LATER THAN 10:30 AM FOR A TIMELY DEPARTURE!**

MONDAY, SEPTEMBER 9th AT 8:45 AM - **Van Departs for Countryside Farm Market, Shopping on Meadville Street in Edinboro, and lunch at Crossroads Diner. A \$3 van fee secures your seat or meet the group (no charge). Please RSVP BY Thursday, August 29th. PLEASE ARRIVE AT THE CENTER NO LATER THAN 8:30 AM FOR A TIMELY DEPARTURE!**

TUESDAY, SEPTEMBER 10th at 10:00 AM - **HEALTHY LIVING SUPPORT GROUP** \*See Page 4 for Topic & Details!

THURSDAY, SEPTEMBER 12th from 11:00 AM - 2:00 PM - **SENIOR OUTREACH DAY** AT MHC (See Front Page for Details and for Registration Instructions/Deadline - **ADVANCED RESERVATIONS ARE REQUIRED!**)

**\*\*Please Note: THERE ARE NO REGULARLY SCHEDULED ACTIVITIES ON SEPTEMBER 12th\*\***

THURSDAY, SEPTEMBER 19th AT 4:30 PM - **BOOK CLUB** (Discussing: *Horse* by Geraldine Brooks) \*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, October 17th: *The Women* by Kristin Hannah



CONTINUED ON PAGE 4

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

**FRIDAY, SEPTEMBER 20th AT 9:30 AM - FALL CRAFT (4 Autumn Leaf Cards) Sponsored by UPMC Family Hospice**

**MONDAY, SEPTEMBER 23rd AT 11:00 AM - PET THERAPY with Finnegan & Kody (Alliance of Therapy Dogs)**

**TUESDAY, SEPTEMBER 24th AT 11:15 AM - CRAFT WITH LOIS (Sample Picture Available at the Center)**

**THURSDAY, SEPTEMBER 26th AT 6:00 PM - The 3 T's of ATTracTion (Tips, Tools and Take-Aways)** A panel presentation with **Four (4) global authors:** Linda Laird Staszewski, Thasia Ann Lunger, Cathi Mitchell and Remlee Peck, **who will be sharing techniques of attracting JOY, despite challenges in your life.** \*RSVP

**MONDAY, SEPTEMBER 30th AT 11:00 AM - DETECTIVE SERGEANT CRAIG STOKER OF THE Erie Police Department, Major Crimes Unit Presents: Solving Erie's Cold Cases**

**PLEASE RSVP (814-824-2214, EXTENSION 101) AS SOON AS POSSIBLE FOR ALL EVENTS**

**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, September 10th at 10:00 AM.** The topic this month is *The Amazing Elderberry and its numerous benefits.* **Please RSVP (814-824-2214, extension 101), as space is limited. THANK YOU!**

**BE CONSIDERATE**

**CLEAN UP AFTER YOURSELF**

**TEAMWORK MAKES THE DREAM WORK!**

Please **help us to continue to HELP you by CLEANING UP AFTER YOURSELVES.** If you are **unable**, please **alert a staff member immediately** so that issues are promptly addressed, as MHC has a cleaning service, but only on the weekends. Thank you!



**SAVE THE DATE FOR MHC'S 2nd ANNUAL BINGO BASH!**



Save the Date! **2nd Annual BINGO BASH Fundraiser:** Friday, **October 11th at JPT Foundation Event Center (2319 West 38th Street - in the former Hills Plaza).** Doors Open at 5:30 PM, BINGO starts at 7:00 PM, **same format as last year. This is an important fundraiser for the Center!** Invite your family and friends, and please help us spread the word! Tickets will be on sale soon! Thank you!

**ANNUAL PUZZLE SWAP AT OUR LADY OF PEACE**



The annual **Puzzle Swap** is **Saturday, September 21st at Our Lady of Peace School Cafeteria.** Puzzle Drop-Off starts at 12:00 Noon. Informational flyers are available at the Center with additional details. Thank you!

**QUESTIONS? Please call 814-824-2214, extension 101 for clarification, to RSVP, and/or to schedule an appointment for any of MHC's services, activities, events, classes, workshops, etc. 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:*

SEPTEMBER 4th: *Venango Valley Inn* (21217 Church St., Venango, PA) - **Van Departs at 10:15 AM**

OCTOBER 2nd: *Flip Café* (103 Meadville St., Edinboro, PA) - **SIGN-UP OPENS ON 9/3/24**

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

## SENIORS FOR SAFE DRIVING

*Seniors for Safe Driving* Mature Driver Improvement Course is coming to MHC once again. The next class is on Monday, September 16th from 11:30 AM - 3:30 PM (sign-up deadline is 9/9/24). Seats are limited!

Stop by the Center to pick up information on the course cost and registration details. **ALL ATTENDEES MUST REGISTER IN ADVANCE WITH SENIORS FOR SAFE DRIVING TO ATTEND THE COURSE**. Mercy Hilltop Senior Center is simply hosting the class. Thank you!

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

PATRICIA TELLERS	SEPTEMBER 2	PATRICIA WILSON	SEPTEMBER 22
MARGARET CORBIN	SEPTEMBER 3	MARY HALTER	SEPTEMBER 23
JANE MALLORY	SEPTEMBER 3	KATHY JACKSON	SEPTEMBER 23
LAURA MASTERSON	SEPTEMBER 3	GILBERT NAGLE	SEPTEMBER 23
PAT MAYER	SEPTEMBER 3	JOHN ROSS	SEPTEMBER 23
MINNIE LAWRIE	SEPTEMBER 8	ELIZABETH WILSON	SEPTEMBER 23
KATHLEEN SCARPITTI	SEPTEMBER 9	SALLY WRIGHT	SEPTEMBER 24
RUTH PAPROCKI	SEPTEMBER 10	PATRICIA BARONNER	SEPTEMBER 25
MARY JEAN MCEWEN	SEPTEMBER 13	GWEN BERNAT	SEPTEMBER 25
MICHELE THOMAS	SEPTEMBER 14	KATHY TOMCIK	SEPTEMBER 25
NORA HORIHAN	SEPTEMBER 15	DEBORAH WISINSKI	SEPTEMBER 25
SHERRI MCINTOSH	SEPTEMBER 15	VIRGINIA MARINO	SEPTEMBER 26
PHILLIP NAGY	SEPTEMBER 15	DAVID SZYMANOWSKI	SEPTEMBER 26
CAROL PIOTROWSKI	SEPTEMBER 16	JUDY FARRAR	SEPTEMBER 27
RUTH SWANEY	SEPTEMBER 16	SHIRLEY CROIER	SEPTEMBER 29
ELEANOR GAVIO	SEPTEMBER 17	ALBERT ISACKS	SEPTEMBER 29
BERNIE LUCAS	SEPTEMBER 20	ROSE MCCALL	SEPTEMBER 29
DAVID DICARLO	SEPTEMBER 21		



Monday	Tuesday	Wednesday	Thursday	Friday	
<p>2</p> 	<p>3</p> <p>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</p>	<p>4</p> <p>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</p>	<p>5</p> <p>9:00 AM Bridge 9:00 AM Knit/Crochet <b>10:45 AM Van Departs for Lucy Museum &amp; Lunch</b> 12:00 PM Mahjong 1:00 PM Chair Yoga 2:15 PM Qi Gong</p>	<p>6</p> <p>10:30 AM Silver Sneakers Fitness Class</p>  <p><b>CENTER CLOSING AT NOON</b></p>	
<p>9</p> <p><b>8:45 AM Van Departs for Farm Market, Shops in Edinboro &amp; Lunch at Crossroads</b> 9:00 AM Cardio Blast 9:45 AM Silver Sneakers Fitness Class 12:00 PM Pinochle</p>	<p>10 <b>FARMERS MARKET</b></p> <p>9:00 AM Chair Yoga <b>10:00 AM Healthy Living Support Group</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</p>	<p>11 <b>FARMERS MARKET</b></p> <p>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</p>	<p>12</p> <p><b>11:00 AM-2:00 PM: SENIOR OUTREACH DAY at Mercy Hilltop!</b></p> <p><b>*There are no Regularly Scheduled Activities Today*</b></p>	<p>13</p> <p>10:30 AM Silver Sneakers Fitness Class</p>  <p><b>CENTER CLOSING AT NOON</b></p>	
<p>16</p> <p>9:00 AM Cardio Blast 9:45 AM Silver Sneakers Fitness Class 12:00 PM Pinochle</p> 	<p>17 <b>FARMERS MARKET</b></p> <p>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</p>	<p>18 <b>FARMERS MARKET</b></p> <p>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</p>	<p>19</p> <p>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></p> 	<p>20</p> <p><b>9:30 AM Fall Craft Sponsored by UPMC Family Hospice</b> 10:30 AM Silver Sneakers Fitness Class</p> <p><b>CENTER CLOSING AT NOON</b></p>	
<p>23</p> <p>9:00 AM Cardio Blast 9:45 AM Silver Sneakers Fitness Class <b>11:00 AM Pet Therapy</b> 12:00 PM Pinochle</p> 	<p>24 <b>FARMERS MARKET</b></p> <p>9:00 AM Chair Yoga <b>10:00 AM Craft w/Lois</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</p>	<p>25 <b>FARMERS MARKET</b></p> <p>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</p>	<p>26</p> <p>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 The 3 T's of ATTRaction (Tips, Tools &amp; Take-Aways for JOY!)</b></p>	<p>27</p> <p>10:30 AM Silver Sneakers Fitness Class</p>  <p><b>CENTER CLOSING AT NOON</b></p>	
<p>30</p> <p>9:00 AM Cardio Blast 9:45 AM Silver Sneakers Fitness Class <b>11:00 AM Solving Cold Cases with Det. Sgt. Craig Stoker of EPD</b> 12:00 PM Pinochle</p>					

FUNDRAISER

SEPTEMBER FUNDRAISER

September's fundraiser is **Cash For the Holidays**. Winning numbers are based on the **PA Lottery Daily Pick 3** for each day in the month of **November**. Players choose their ticket number (000-999)! **Tickets are \$10 each and prizes range from \$50 to \$250**. The largest payout is on **Black Friday! The Pick 3 winning ticket numbers win CASH!** No need to follow the **PA Lottery**; winners are automatically mailed a check! **EACH ticket has 30 CHANCES TO WIN! THANK YOU!**

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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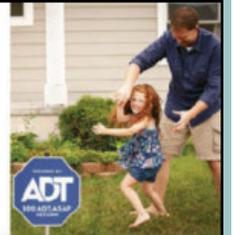
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