



A Welcoming Community Since 1973

3715 Pennsylvania Ave
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MercyHilltopCenter.com

A Sponsored Ministry of The Sisters of Mercy

Hilltop News

MAY 2026



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CENTER HOURS
Monday through Thursday:

8:00 AM - 4:00 PM

Friday:

8:00 AM - 12:00 PM

THANK YOU TO MHC VOLUNTEERS

Thank you to all of Mercy Hilltop Senior Center’s volunteers. We could not continue to provide the necessary services, activities, events, classes, etc. without YOUR help! We are so very grateful to have each and everyone of you actively engaged. **THANK YOU TO OUR VOLUNTEERS!**

Speaking of volunteer opportunities, St. Vincent Hospital is currently in need of volunteers in many different patient-facing and non-patient facing settings. Stop by the Center’s front desk for informational packets. Again, **THANK YOU!**

NEW GRIEF SHARE GROUP DISCUSSION

Starting on Monday, May 11th at 11:45 AM, Mercy Hilltop Center is pleased to offer our members a *Grief Share* discussion guided by Remlee Peck, Certified Life Coach. This is an informal group discussion and is open to all MHC members. Bring a lunch or snack. Weather permitting, the group discussion will be held outside on the patio, otherwise, it will be in the Community Room. *Grief Share* will be held on the second and fourth Monday of each month (there is only one in May due to the Memorial Day holiday falling on the fourth Monday). The next session after May 11th will be on Monday, June 8th at 11:45 AM. Thank you.

38th ANNUAL GOLF OUTING

Our **38th Annual Golf Outing** is on **Wednesday, June 24th at Venango Valley Inn and Golf**. The Center will be closed on June 24th as all staff members work this annual all-day event, which is always such a fun day for the participants. Even if you are **NOT** a golfer, **PLEASE SHARE THIS INFORMATION WITH YOUR FAMILY AND FRIENDS**. This is a major fundraiser for our Center. Brochures and registration forms are now available. Please call the Center to request a brochure, for additional information, and/or to register a team (*typically a foursome*)! Thank you!

THE CENTER IS CLOSED ON MONDAY, MAY 25th IN OBSERVANCE OF MEMORIAL DAY.



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MERCY HILLTOP SENIOR CENTER - MAY 2026

NURSE JUDY

Nurse



Nurse Judy is available for *in-person visits/appointments* on **MOST Tuesday and Thursday mornings**. When she is not in the office, however, she can **ALWAYS contact members by phone**. To arrange a time to speak with Nurse Judy, **please call 814-824-2214, extension 101. THANK YOU!**



PRODUCE AND FROZEN MEAL DELIVERY



ADVANCED ORDERING for both **PRODUCE** and made from scratch **FROZEN MEALS** is offered by *Legacy Pathways*. **PRICING** and **MEAL SELECTIONS** (seasonal) are available at the Center. **PRICING: Meals are \$8 each; if eight (8) or more meals are ordered, the cost drops to \$6 EACH.** Orders must be received **BY NOON on Mondays** and are delivered to the Center on **Wednesdays**. Check with Dawn at the Front Desk for pick-up time. Questions? Please call 814-824-2214, extension 101. Thank you!



WELCOME NEW MEMBERS

WELCOME to our newest members of *Mercy Hilltop Senior Center*: Patricia Boyd, Dorothy Candib, Valerie Caylor, Denise Cochran, Tom and Robin Coleman, Marilyn Danko, Darlene Leasure, Bob Moomy, and John Michelle Tottleben all joined MHC in March. Welcome to our Center; we look forward to getting to know you!

FREE EVENING CONSULTATIONS



Pat Tobey, our Social Worker, is available on Tuesday evenings for an appointment to assist with *documents, listening to personal concerns, giving advice, 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 (*My UPMC/My Chart*), and/or *social security.gov* accounts. Please call 814-824-2214, extension 101, to schedule an appointment.

IMPORTANT!
INFORMATION.

MEMBERSHIP DETAILS

Membership is open to individuals 60 years of age and older and to their spouses/partners, regardless of their age. Join today for only \$25 (\$45 for couples) with a discount always honored for Veterans.

PLEASE NOTE THE FOLLOWING UPDATED DETAILS REGARDING FITNESS CLASSES / ART / GAMES:

ALL FITNESS CLASSES are \$3 for members and \$5 for non-members

Studio Art Sessions are \$8 for members and \$10 for non-members (*per three-hour session*)

Beginner Painting Classes are \$24 for members and \$30 for non-members (*for the full three-week session*)

Bridge, Canasta, Mahjong, Mexican Train, 500 Bid and Pinochle - are \$1 for members and \$2 for non-members

Have *Silver Sneakers OR Renew Active* through your insurance provider? **If so, members' fitness classes are FREE!**

Please See Dawn at the Center Front Desk For Questions/Inquiries on Health Insurance *Fitness Benefits*

Does the Center have your email address? To receive email notifications on closings, special events, announcements, and important information via email, please see Dawn at the Front Desk. Thank you!

ADVANCED PLANNING

As a nonprofit organization, we rely *heavily on donations* to support all offered. Consider helping the Center with *advanced planning*, which is simply sharing your appreciation of MHC with your families now and reminding them to name *Mercy Hilltop Senior Center* as a recipient of donations in your memory. As always, thank you for your support.

QUESTIONS? Please call **814-824-2214, extension 101** for clarification, to RSVP or CANCEL, and/or to make appointments for any of MHC's services, activities, events, classes, etc. offered at the Center. **THANK YOU!**

MERCY HILLTOP SENIOR CENTER - MAY 2026

TUESDAY DOLLAR MOVIES



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.**

- 5/5/26: ***Soul on Fire*** (2025 - 1 hour / 52 minutes - Rated PG – Drama Based on True Story)
- 5/12/26: ***Remarkably Bright Creatures*** (2026 - 1 hour / 51 minutes - PG-13 - Drama Based on Novel)
- 5/19/26: ***The Children’s Train*** (2024 - 1 hour / 46 minutes - PG - Drama Based on Novel)
- 5/26/26: ***The Magic of Belle Isle*** (2012 - 1 hour / 48 minutes - PG - Drama)



PLEASE NOTE: THERE WILL BE NO DOLLAR MOVIES IN JULY OR IN AUGUST

THIS MONTH’S FEATURED ACTIVITIES, TRIPS & EVENTS:

REMINDER: There is **NO YOGA** class on Monday, May 4th at 10:45 AM AND on Tuesday, May 5th at 9:00 AM.

FRIDAY, MAY 1st at 10:00 AM - **CASH BINGO** - \$1 Per Card - No Limit. *Kindly RSVP by Monday, April 27th.

MONDAY, MAY 4th at 2:30 PM - **AGE OF ELEGANCE BALLET** - Permanent Change - MONDAYS at 2:30 PM!

WEDNESDAY, MAY 6th at 10:45 AM - Van DEPARTS for the monthly **LUNCH OUTING** (Details on Page 5) **RSVP’s are due by 4/24/26.** *Van riders: Kindly **ARRIVE at the Center BY 10:30 AM** for a timely departure!

THURSDAY, May 7th at 10:30 AM - Van DEPARTS for **The Wooden Nickel Buffalo Farm** followed by Lunch at **Engine House 39** (located behind the Washington Township building off Route 99 - limited menu choices - available at the Center). A presentation, starting promptly at 11:00 AM, by **Buffalo Dan Koman** will educate attendees about the American Buffalo (*bison* is the precise scientific/industry name, but *buffalo* is widely accepted and historically rooted/common name used in North America). Participants should get up close and personal to the Bison herd on the walking tour following the presentation. The group will also receive a small sample of bison and visit their gift shop! **The cost per person is \$5** (plus \$3 van fee if riding on MHC van). Be sure to dress accordingly for walking on a farm...rain or shine! *Please RSVP as soon as possible as THIS TRIP WILL FILL FAST. *Van riders: kindly **ARRIVE at the Center BY 10:15 AM** for a timely departure.

MONDAY, MAY 11th at 11:45 AM - **GRIEF SHARE DISCUSSION** (see front page for details) *Kindly RSVP

MONDAY, MAY 11th at 10:30 AM - **HEALTHY LIVING SUPPORT GROUP: What Does Plant-Based Mean?** Join us as we discuss the “trendy” topic of Plant-Based Foods. *Kindly RSVP

THURSDAY, MAY 14th at 4:00 PM - **FEATURE FILM: Remarkable Bright Creatures** (adaptation of best-selling novel). Popcorn/snacks provided - please bring your own beverage. *Kindly RSVP as soon as possible.

FRIDAY, MAY 15th at 9:00 AM: **Meet and Greet Sarah Chermack, owner of First Stop Notary** - Providing Professional MOBILE Notary Services. *Kindly RSVP by Monday, May 11th.

MONDAY, MAY 18th at 10:00 AM - **CRAFT WITH LOIS** - Sample Pictures Available at Center. \$2 Donation is Appreciated, but never Required. *Kindly RSVP AS SOON AS POSSIBLE as crafts fill up quickly!

THIS MONTH'S FEATURED ACTIVITIES, TRIPS & EVENTS:

MONDAY, MAY 18th at 11:45 AM* - **PET THERAPY** with *Finnegan, Taz, and Kody*, Certified through the *Alliance of Therapy Dogs* ALL ARE WELCOME to COME and RELAX with the pups!

THURSDAY, MAY 21st at 4:00 PM - **BOOK CLUB** discussing, *The Soloist* by Steve Lopez.

Next Meeting: Thursday, June 18th at 4:00 PM: *The Stranger in the Lifeboat* by Mitch Albom.

FRIDAY, MAY 22nd at 9:00 AM - **AHN HomeCare Presents - Navigating Skilled Nursing: The Who, What and Why** - Basically, who does what in these facilities and for what purpose. *Kindly RSVP by Monday, 5/18/26.

REMINDER: **THE CENTER IS CLOSED ON MONDAY, MAY 25th IN OBSERVANCE OF MEMORIAL DAY**

THURSDAY, MAY 28th - **EVENT AND TIME IS YET TO BE DETERMINED.** Stay tuned for confirmation.

FRIDAY, MAY 29th from 9:00 AM-11:00 AM - **MINI-SEMINAR: Protecting Your Assets** by Christopher Davison *Kindly RSVP by Friday, 5/22/26

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

NEWS & NOTES

NEW! SENIOR FITNESS CLASS ADDITION

Try out a new *Senior Fitness* class now available on **MONDAY AND WEDNESDAY AT 8:00 AM.** While very similar to the classic *Silver Sneakers Class* (same equipment), this is one level higher. A chair can be utilized, but this class is modified for a chair-free workout. *NOTE: MHC doors will open (for **THIS CLASS ONLY**) PROMPTLY AT *7:50 AM*, which is **PLENTY OF TIME** for the limited set-up needed for this class.

YOGA CLASS ADDITION AND MONDAY TIME CHANGE

A *Chair Yoga* class has been added EVERY OTHER Friday at 10:45 AM; the same schedule as the Cardio class addition. The Monday *Chair Yoga* class starts at 10:45 AM. This is a permanent change to the schedule. The new Friday Yoga class follows the *Silver Sneakers Fitness* class and is instructed by Tammy.

ARRIVAL FOR ACTIVITIES

With additional games, fitness classes, discussion groups, etc. being added, **PLEASE ALLOW TIME** between activities for the group prior to **CLEAN-UP AND EXIT** the room and building, as well as time for the **ROOMS TO BE RE-SET** for the next activity/game/class. Arriving **NO MORE THAN 15 MINUTES** prior to your event will **prevent traffic jams in the activity rooms and in the parking lot.** If members must arrive early to the Center due to transportation schedules (LIFT, etc.), please enjoy our library/lobby and/or patio (weather permitting) until the activity room is **emptied, set-up and ready.** **THANK YOU FOR YOUR COOPERATION!**

MONTHLY HEALTHY LIVING SUPPORT GROUP

Join us for our **member-driven support group** focusing on **preventative/proactive wellness** to address all aspects of life: nutrition, fitness, relationships, stress, and sleep in a **functional health approach!** **Monthly meetings are held on the SECOND MONDAY OF EACH MONTH at 10:30 AM.** This month's meeting is on Monday, May 11th and we will be discussing, *What is Plant-Based Food?* Kindly RSVP.

QUESTIONS? Please call 814-824-2214, extension 101 for clarification, to RSVP, CANCEL, or SCHEDULE. **THANK YOU!**

MERCY HILLTOP SENIOR CENTER - MAY 2026

MONTHLY LUNCH BUNCH OUTING

Our monthly *Lunch Outing* is *typically on the *FIRST* Wednesday* of each month. Holidays/special events and WEATHER can cause exceptions. Members can meet the group there (please sign-up with MHC) or ride on the MHC van for a nominal fee (see below), which SECURES YOUR SEAT and reservation. Accurate reservation numbers are required and must be received by MHC TWO (2) WEEKS PRIOR to the outing date. Reservations for the following month are accepted STARTING ON THE DATE LISTED BELOW. Reservations at the restaurant are under *Mercy Hilltop Center*; the time can vary. If you are unable to make it, PLEASE CALL THE CENTER TO ALERT US. Departure times are listed below. IF RIDING ON THE MHC VAN, KINDLY ARRIVE AT THE CENTER AT LEAST (15) MINUTES PRIOR TO DEPARTURE TIME. Menus are typically available at the Center for members to peruse beforehand. Upcoming Outings:

MAY 6th: *Madeline's Restaurant* (8844 Route 18, Cranesville, PA) - Van Departs at 10:45 AM *(\$3 van fee)*

JUNE 3rd: *The Waterford Hotel* (213 High St, Waterford, PA) - Sign-Up Opens 5/1/26 *(\$3 van fee)*

***PLEASE RSVP BEFORE THE DEADLINE & PLEASE CALL THE CENTER TO CANCEL YOUR RESERVATION**

THURSDAY CHAIR YOGA CLASS SPONSORED BY SARAH REED

Thank you to *Sarah Reed Senior Living* for sponsoring our Thursday afternoon Chair Yoga Class. Thinking about trying Yoga? The spring season is a great time to try a class or two. We have multiple Yoga classes throughout the week. We warmly welcome our members to pop in and try any of our fitness classes!

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

RITA DAUB	MAY 1	JANET NEWCAMP	MAY 18
ROSE EVENS	MAY 1	KAREN ANDERSON	MAY 21
DIANE CANFIELD	MAY 2	KRISTINE KERR	MAY 21
ROBERTA LAIRD	MAY 2	MARY ANDERSON	MAY 22
GUDRUN RICHTER	MAY 4	SUSAN DAIGLE	MAY 22
ALICE KURPIEWSKI	MAY 6	JUDY LOHSE	MAY 23
BARBARA PROCTOR	MAY 8	PATRICIA MAGERS	MAY 23
NADENE GODFREY	MAY 9	ANITA KUFFER	MAY 24
CHERYL HOLLY	MAY 9	DARLENE LEASURE	MAY 24
LOUISE BUCCI	MAY 10	MARY NELSON	MAY 24
SHARON TEFFT	MAY 10	KAREN DAVIS	MAY 25
ELIZABETH STANTON	MAY 12	MATTHEW RIZZO	MAY 25
ROBERT JOHNSON	MAY 14	MARCIA BARNETT	MAY 27
GREGORY SHAW	MAY 14	PATRICIA PARMENTER	MAY 27
DIANA LOOMIS	MAY 15	DEE BROWN	MAY 28
LOU BRUSCHI	MAY 17	TERESA MIERUNSKI	MAY 29
JEANETTE MANENDO	MAY 17	MARY PIRRELLO	MAY 30
MARY SANDY	MAY 17	BERNADETTE PROKOCKI	MAY 30
MARY ANN KUPNIEWSKI	MAY 18	THOMAS SMITH	MAY 30
PATRICIA MELTER	MAY 18	VIRGINIA BOYER	MAY 31



Monday	Tuesday	Wednesday	Thursday	Friday
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1
 9:45 AM Silver Sneakers Fitness Class
 10:00 AM Cash BINGO



CENTER CLOSSES AT NOON

4
 8:00 AM Senior Fitness
 9:00 AM Cardio Blast
 9:45 AM Silver Sneakers
NO YOGA CLASS TODAY!
 12:00 PM Pinochle
 2:30 PM Age of Elegance Ballet Class *Please Note: [Permanent Schedule Change!](#)


5
NO YOGA CLASS TODAY!
 10:00 AM Painting Class
 10:15 AM Qi Gong
 12:30 PM Studio Art
 1:00 PM Dollar Movie
 3:15 PM **LINE DANCING RETURNS!**



6
 8:00 AM Senior Fitness
 9:00 AM Cardio Blast
 9:00 AM Studio Art
 9:45 AM Silver Sneakers
10:45 AM Monthly Lunch Outing (details on page 5)
 11:00 AM Canasta, 500 & Mexican Train Dominoes
 12:30 PM Studio Art

7
10:30 AM Wooden Nickel Buffalo Farm Trip (page 3)
 9:00 AM Bridge
 9:00 AM Knit/Crochet
 12:00 PM Mahjong
 1:00 PM Qi Gong
 2:00 PM Chair Yoga: **SPONSORED** by Sarah Reed Senior Living

8
 9:00 AM Cardio Blast
 9:45 AM Silver Sneakers Fitness Class
 10:45 AM Chair Yoga




CENTER CLOSSES AT NOON

11
 8:00 AM Senior Fitness
 9:00 AM Cardio Blast
 9:45 AM Silver Sneakers
10:30 AM Healthy Living Support (details on page 4)
 10:45 AM Chair Yoga
11:45 AM Grief Share (pg 1)
 12:00 PM Pinochle
 2:30 PM Age of Elegance Ballet


12
 9:00 AM Chair Yoga
 10:00 AM Painting Class
 10:15 AM Qi Gong
 12:30 PM Studio Art
 1:00 PM Dollar Movie
3:15 PM Line Dancing

13
 8:00 AM Senior Fitness
 9:00 AM Cardio Blast
 9:00 AM Studio Art
 9:45 AM Silver Sneakers
 11:00 AM Canasta & 500
 12:30 PM Studio Art



14
 9:00 AM Bridge
 9:00 AM Knit/Crochet
 12:00 PM Mahjong
 1:00 PM Qi Gong
 2:00 PM Chair Yoga
4:00 PM Feature Film: Remarkably Bright Creatures


15
9:00 AM Meet & Greet Sarah Chermack, First Stop Notary (details page 3)
 9:45 AM Silver Sneakers Fitness Class



CENTER CLOSSES AT NOON


18
 8:00 AM Senior Fitness
 9:00 AM Cardio Blast
 9:45 AM Silver Sneakers
10:00 AM Craft with Lois
 10:45 AM Chair Yoga
 11:45 AM Pet Therapy
 12:00 PM Pinochle
 2:30 PM Age of Elegance Ballet Class

19 ELECTION DAY
 9:00 AM Chair Yoga
 10:00 AM Painting Class
 10:15 AM Qi Gong
 12:30 PM Studio Art
 1:00 PM Dollar Movie
NO LINE DANCING CLASS



20
 8:00 AM Senior Fitness
 9:00 AM Cardio Blast
 9:00 AM Studio Art
 9:45 AM Silver Sneakers
 11:00 AM Canasta, 500 & Mexican Train Dominoes
 12:30 PM Studio Art

21
 9:00 AM Bridge
 9:00 AM Knit/Crochet
 12:00 PM Mahjong
 1:00 PM Qi Gong
 2:00 PM Chair Yoga
4:00 PM Book Club



22
9:00 AM AHN Homecare Presents: Navigating Skilled Nursing (details pg 4)
 9:00 AM Cardio Blast
 9:45 AM Silver Sneakers Fitness Class
 10:45 AM Chair Yoga

CENTER CLOSSES AT NOON

25 CENTER IS CLOSED TODAY



26
 9:00 AM Chair Yoga
 10:00 AM Painting Class
 10:15 AM Qi Gong
 12:30 PM Studio Art
 1:00 PM Dollar Movie
3:15 PM Line Dancing

27
 8:00 AM Senior Fitness
 9:00 AM Cardio Blast
 9:00 AM Studio Art
 9:45 AM Silver Sneakers
 11:00 AM Canasta & 500
 12:30 PM Studio Art

28
 9:00 AM Bridge
 9:00 AM Knit/Crochet
 12:00 PM Mahjong
 1:00 PM Qi Gong
 2:00 PM Chair Yoga
LATE AFTERNOON EVENT TO BE DETERMINED!

29
9:00 AM-11:00 AM Protecting Your Assets by Christopher Davis
 9:45 AM Silver Sneakers Fitness Class

CENTER CLOSSES AT NOON

MERCY HILLTOP SENIOR CENTER - MAY 2026 - 7

FUNDRAISER

MAY FUNDRAISER



Our May fundraiser is **50 / 50 TICKETS**. The 50 / 50 tickets ARE \$5 EACH – OR – THREE (3) TICKETS / CHANCES FOR \$10! The winning ticket will be drawn on Friday, May 29th. The more tickets that are purchased, the more the winner takes home! THANK YOU FOR YOUR CONTINUED SUPPORT OF OUR SENIOR CENTER!

MERCY HILLTOP SENIOR CENTER STAFF

Dina Scribner, Executive Director
Dawn Johnson, Membership Coordinator
Pat Tobey, Social Worker

Jean Berarducci, Activities Coordinator
Judy Bekeny, Registered Nurse

MERCY HILLTOP SENIOR CENTER BOARD MEMBERS

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Laura Myers, Board Co-Chair
Laura Hellman, Treasurer
Carol Amann
Tom Erickson
Brian Hennessy
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14-1530