



Hilltop News

JANUARY 2025

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
 WEDNESDAY, JANUARY 1st
 FOR NEW YEAR'S DAY
 AND
 ON MONDAY, JANUARY 20th
 FOR MARTIN LUTHER KING,
 JR DAY.



Happy New Year!

DONATION PICK-UP DAY!

Liz Norman and Caitlin Kinnane from *Iroquois Elementary School* picked up donations on Thursday, November 21st. Our knitting and crochet group hand-made over 200 hats and head bands, 40 pairs of mittens and gloves, and 140 scarves. Along with those donations, Center members and friends donated 24 packages of underwear and 25 packages of socks for school-aged children. Thank you for making this donation drive so successful! Here is a picture of the beautiful hats and scarves:



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MERCY HILLTOP SENIOR CENTER - JANUARY 2025

new

COFFEE...WITH NURSE JUDY

Nurse



The next *Coffee, Conversation and Questions with Nurse Judy* is on **Tuesday, January 21st at 10:00 AM**. All participants can ask Nurse Judy any question (s) related to general health topics of their choice for a lively discussion. Nurse Judy is available for *in-person visits/appointments* on most Tuesdays and Thursdays. *When not in the office, she can contact members by phone*. To arrange a time to speak with Nurse Judy, please call (814-824-2214, extension 101).



PRODUCE AND FROZEN MEALS

**FRESH & LOCAL
PRODUCE**

Legacy Hydroponics offers the opportunity to **place ADVANCED ORDERS** for both produce and made from scratch frozen meals (only \$6 each!). Orders can be placed at the Center's front desk **no later than noon on Mondays** and will be **delivered to the Center on Wednesday morning at 9:30 AM. ALL MEALS MUST BE PICKED-UP BY 10:00 AM** as the Center does NOT have adequate space to store them. Questions? Please call 814-824-2214, extension 101. Thank you!

WELCOME

WELCOME NEW MEMBERS

WELCOME to our newest members of *Mercy Hilltop Senior Center*: Minnie Lyles, Tommie Stoval, Bob and Toni Griffith all joined MHC in November. Welcome to our Center, we look forward to getting to know you!

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!

ADVANCED PLANNING

As a nonprofit organization, we rely *heavily on donations* to support all that we offer. Consider helping the Center with *advanced planning*. *Advanced Planning* 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 when the time comes. As always, we are thankful 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 - JANUARY 2025

TUESDAY DOLLAR MOVIES FOR JANUARY



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.**

1/7/24: **Fall Into Winter** (2023 - 1 hour / 23 minutes - PG - Romantic Comedy)

1/14/24: **The Lost City** (2022 - 1 hour / 52 minutes - PG-13 - Romantic Comedy)

1/21/24: **Return to Me** (2000 - 1 hour / 56 minutes - PG - Romantic Drama)

1/28/24: **Harold and the Purple Crayon** (2024 - 1 hour / 30 minutes - PG - Family Comedy)



THIS MONTH'S FEATURED ACTIVITIES, TRIPS & EVENTS:

THURSDAY, JANUARY 2nd AT 3:30 PM - LIGHTEN UP WITH LAUGHTER - Featuring MHC member and comedian, Meg Maly. **Kindly RSVP as soon as possible as this event may FILL.**

TUESDAY, JANUARY 7th AT 9:30 AM - MEET AND GREET WITH DAWN BROWN (who prepares pancake breakfasts, frozen meals, cookies, charcuterie boards) for **DETAILS ON FROZEN MEAL SERVICE, DELIVERY OPTIONS, FOOD SAFETY TIPS, FEATURING SAMPLES OF MEALS* TO TASTE!** ***Kindly RSVP by January 2nd.**

THURSDAY, JANUARY 9th AT 3:15 PM - RESTFUL NIGHTS: Tackling Sleep Issues and Finding Solutions with Functional Health Coach, Elizabeth Kelly. Are sleepless nights getting you down? Uncover the secrets to a restful night's sleep by discovering common sleep challenges, relaxation techniques, and how to establish a good sleep routine. Whether you're a chronic night owl or just looking to improve your rest, say goodbye to tossing and turning and hello to sweet dreams! **Kindly RSVP by Monday, January 6th.**

FRIDAY, JANUARY 10th AT 10:00 AM - STORIES, CONVERSATIONS AND INSIGHTS WITH GARY LARSON
Gary is a member of MHC, a local author of three books, a retired Presbyterian Minister and an avid boater. Come to meet Gary, make some new friends, and enjoy a lively conversation. Coffee and tea available. This new program will be offered quarterly (four times per year). **Kindly RSVP by Monday, January 6th. Thank you!**

TUESDAY, JANUARY 14th AT 10:00 AM - HEALTHY LIVING SUPPORT GROUP *See Page 4 for Details!

WEDNESDAY, JANUARY 15th AT 10:45 AM - Van DEPARTS from Center for our monthly **LUNCH OUTING**
See Details on Page 5! PLEASE ARRIVE AT THE CENTER BY 10:30 AM FOR A TIMELY DEPARTURE!

THURSDAY, JANUARY 16th AT 4:30 PM - BOOK CLUB MEETING discussing **Briarhill to Brooklyn** by Jack Bodkin. **IF UNABLE TO MAKE IT, PLEASE ALERT THE CENTER TO ORDER NEXT MONTH'S BOOK!**
Next Meeting is: Thursday, February 20th at 4:30 PM discussing **This Tender Land** by William Kent Kreuger

CONTINUED
NEXT PAGE



MERCY HILLTOP SENIOR CENTER - JANUARY 2025

THIS MONTH'S FEATURED ACTIVITIES, TRIPS & EVENTS:

TUESDAY, JANUARY 21st AT 10:00 AM - COFFEE, CONVERSATION, and QUESTIONS with Nurse Judy
(See Page 2 for additional details) **Kindly RSVP**

MONDAY, JANUARY 27th AT 11:00 AM - PET THERAPY with Finnegan & Kody (*Alliance of Therapy Dogs*)

TUESDAY, JANUARY 28th AT 10:00 AM - CRAFT WITH LOIS - Stop by the Center for **photo of this month's** craft project! A \$2 Donation is Appreciated ***RSVP without delay as space is limited for the monthly craft!**

FRIDAY, JANUARY 31st AT 10:00 AM - CHARCUTERIE WORKSHOP WITH DAWN BROWN (of DAWN'S GRAZING CREATIONS). Each participant will assemble and take home a lovely Charcuterie Tray, enough for **four (4) people**. **Cost of workshop is (\$15) per person**, which is a fraction of the true cost. ***Please RSVP NO LATER THAN Monday, January 27th** so the appropriate amount of items can be purchased.

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**. 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, January 14th at 10:00 AM** and will feature **Danielle Kudlak of Danielle Marie Healing & Wellness LLC**. She will discuss how through her holistic and integrative approach, she is able to help her clients reduce stress, alleviate anxiety, manage PTSD and chronic illness, and improve strength, flexibility, and functional movement. **Please RSVP (814-824-2214, extension 101)**

TAB COLLECTION FOR SHRINER'S HOSPITAL

TABS from ANY aluminum beverage, soup, vegetable, bean, fruit, pet food, cans can be donated at Mercy Hilltop Senior Center's front desk. The collection is facilitated by a member of MHC and benefits **Shriner's Hospital for Children**. The collecting of tabs will be ongoing until further notice. Thank you for donating tabs!

TEMPORARY NEW DAY / TIME FOR BALLET CLASS

Starting on **January 6th, and going through early May**, the **Ballet Barre** class will be on Monday afternoons, at **2:30 PM**. Our instructor, Tauna Hunter will be teaching a class during the spring semester at **Mercyhurst University**. This is currently a temporary fix to be able to continue the class. The previous schedule will resume in mid-May, unless both the instructor and the participants prefer the schedule change. Thank you!

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

MERCY HILLTOP SENIOR CENTER - JANUARY 2025

MONTHLY LUNCH BUNCH OUTING

Our monthly *Lunch Bunch* is *typically on the *FIRST* Wednesday* of each month. Holidays cause exceptions. Members can meet the group there or can ride on the MHC van for a **\$2 fee**. The van fee paid to MHC SECURES YOUR SEAT. Reservations must be accurate for the restaurant and **must be received no later than two (2) WEEKS PRIOR** to the outing date. Reservations for the *following* month's lunch **ARE ACCEPTED ON THE DATE LISTED**. **Reservations at the restaurant are under *Mercy Hilltop Senior Center* and are *typically* for 11:30 AM**. 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:*

JANUARY 15th: *Calamari's Squid Row (1317 State Street, Erie) - Van Departs at 10:45 AM*

FEBRUARY 5th: *Brewerie at Union Station (123 West 14th Street, Erie) - SIGN-UP OPENS ON 1/2/25*

PLEASE RSVP BEFORE THE DEADLINE - PLEASE CALL THE CENTER IF THE NEED ARISES TO CANCEL

PLEASE STAY HOME IF UNDER THE WEATHER

Please do NOT come to the Center if you have SYMPTOM (S) of ANY VIRUS: fever (low-grade or otherwise), body aches, runny nose, sore throat, cough, tummy troubles and anything in between. If you are unsure that you may be ill, please take the extra precaution, call your doctor, and STAY HOME. Thank you!

ANNUAL ICA FREE VALENTINE'S DAY LUNCHEON

The annual Valentine's Day FREE luncheon will be on Friday, February 14th at the *Ambassador Banquet and Conference Center (Peach and I-90)*. PLEASE STOP BY THE CENTER TO PICK UP AN INFORMATIONAL FLYER WITH INSTRUCTIONS ON MAKING RESERVATIONS. The van departs from the Center at 10:45 AM (\$2 van fee). If you wish to ride the van, please bring your van fee to MHC to secure your seat (MHC makes reservations for members RIDING ON THE VAN ONLY). This event fills each year and we don't want our members to miss out on this lovely and FREE event. Thank you!

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

JANET SZEWCZKOWSKI	JANUARY 1	SUE LIEBEL	JANUARY 16
MARI COSTELL	JANUARY 2	GERI TAYLOR	JANUARY 16
MARY KUHAR-RINKE	JANUARY 2	CAROL WHITBRED	JANUARY 16
ANITA BERNSTEIN	JANUARY 4	SUE WIECZOREK	JANUARY 16
BETH NAGY	JANUARY 4	EILEEN RAAB	JANUARY 17
WENDY AUSTIN	JANUARY 6	MAUREEN WEBSTER	JANUARY 18
MARILYN STUBBE	JANUARY 6	THERESA CARRICK	JANUARY 19
MARGARET FRIES	JANUARY 8	BARB FIOREZO	JANUARY 21
PAT SEXAUER	JANUARY 9	DEIDRE GRAY	JANUARY 21
MARY FRICK	JANUARY 10	LAURIE ROSSI	JANUARY 22
STAN LENDA	JANUARY 10	BECKY SCHEMBER	JANUARY 24
SHARON SHAFFER	JANUARY 10	PATRICIA MINNIG	JANUARY 26
PEG HESS	JANUARY 12	ARCHIE NARDUCCI	JANUARY 26
LEO VIGLIONE	JANUARY 12	CHUCK RUFENACHT	JANUARY 26
NORM GREEN	JANUARY 14	SR. MARY ANDREW HIMES	JANUARY 27
DEBBIE SWARTWOOD	JANUARY 14	CATHY PARTHENAKIS	JANUARY 31

JANUARY BIRTHDAYS



Monday	Tuesday	Wednesday	Thursday	Friday
		1 CENTER IS CLOSED 	2 CENTER REOPENS! 9:00 AM Bridge 9:00 AM Knit/Crochet 12:00 PM Mahjong 1:00 PM Chair Yoga 2:15 PM Qi Gong 3:30 PM Meg Maly: Lighten Up with Laughter	3 10:30 AM Silver Sneakers Fitness Class  CENTER CLOSSES AT NOON
6 9:00 AM Cardio Blast 9:45 AM Silver Sneakers Fitness Class 12:00 PM Pinochle 12:00 PM Chair Yoga 2:30 PM Ballet - *NOTE NEW DAY and TIME* <i>*See Page 4 for Details</i>	7 9:00 AM Chair Yoga 9:30 AM Meal Service Facts (See Page 3 for details) 10:15 AM Qi Gong 12:30 PM Studio Art 1:00 PM Dollar Movie 3:30 PM Line Dancing 4:30 PM Painting Class	8 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	9 9:00 AM Bridge 9:00 AM Knit/Crochet 12:00 PM Mahjong 1:00 PM Chair Yoga 2:15 PM Qi Gong 3:15 PM Elizabeth Kelly: Restful Nights - Tackling Sleep Issues	10 10:00 AM Stories, Conversations & Insights with Gary Larson (Page 3) 10:30 AM Silver Sneakers Fitness Class  CENTER CLOSSES AT NOON
13 9:00 AM Cardio Blast 9:45 AM Silver Sneakers Fitness Class 12:00 PM Pinochle 12:00 PM Chair Yoga 2:30 PM Ballet	14 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 Dollar Movie 3:30 PM Line Dancing 4:30 PM Painting Class	15 9:00 AM Cardio Blast 9:00 AM Studio Art 9:45 AM Silver Sneakers Fitness Class 10:45 AM Van Departs Lunch Outing (see page 5) 11:00 AM Canasta 12:30 PM Studio Art	16 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 	17 10:30 AM Silver Sneakers Fitness Class  CENTER CLOSSES AT NOON
20 CENTER IS CLOSED 	21 9:00 AM Chair Yoga 10:00 AM Coffee, Conversation...with Nurse Judy 10:15 AM Qi Gong 12:30 PM Studio Art 1:00 PM Dollar Movie 3:30 PM Line Dancing 4:30 PM Painting Class	22 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 	23 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 EVENT	24 10:30 AM Silver Sneakers Fitness Class  CENTER CLOSSES AT NOON
27  9:00 AM Cardio Blast 9:45 AM Silver Sneakers Fitness Class 11:00 AM Pet Therapy 12:00 PM Pinochle 12:00 PM Chair Yoga 2:30 PM Ballet	28 9:00 AM Chair Yoga 10:00 AM Craft w/Lois 10:15 AM Qi Gong 12:30 PM Studio Art 1:00 PM Dollar Movie 3:30 PM Line Dancing 4:30 PM Painting Class	29 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	30 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 EVENT	31 10:00 AM Charcuterie Workshop (See Page 4 - \$15 per person) 10:30 AM Silver Sneakers Fitness Class CENTER CLOSSES AT NOON

MERCY HILLTOP SENIOR CENTER - JANUARY 2025 - 7

FUNDRAISER

JANUARY FUNDRAISER

January's fundraiser is **Joker's Wild**. A full deck of cards, with one **JOKER** will be posted on a board, face down. **Players select a card for \$5 each and write their name on the outside of the card.** On **Friday, January 31st**, the person whose name is on the **Joker Card** wins and the Center will notify the winner. **If all (53) cards are purchased, the winner takes home \$132.50! THANK YOU FOR YOUR CONTINUED SUPPORT OF OUR 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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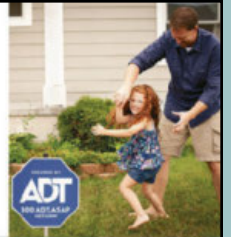
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