



Hilltop News

NOVEMBER 2024



3715 Pennsylvania Ave
Erie, Pennsylvania 16504
814-824-2214
MercyHilltopCenter.com

A Sponsored Ministry of The Sisters of Mercy

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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 THURSDAY, NOVEMBER 28th AND ON FRIDAY, NOVEMBER 29th IN OBSERVANCE OF THANKSGIVING

HONORING ALL WHO SERVED

With the utmost respect, honor, and gratitude, we THANK OUR MHC VETERANS for their courage and dedication in safeguarding our well-being and preserving our liberty and freedom:

DEE BROWN
LOU BRUSCHI
RICHARD BUTERBAUGH
TOM EBERLEIN
ALBERT ISACKS
BRIAN JACKSON
JAY KIMBALL
RICH KUCHCINSKI
JIM LAYDEN
STAN LENDA
DENNIS MANENDO
LEO MARZKA
BILL MATLOCK
DOROTHY MOLDER
MICHAEL MOSKO

GILBERT NAGLE
ARCHIE NARDUCCI
DENNIS NOWAK
JIM PERRY
RICHARD PHEASANT
MATTHEW RIZZO
WENDELL RIZZO
ROSS RUSSO
ALICE RYAN
PAUL SABOL
SAM SAUER
FRANK SCHWARTZ
STEVE SZYMANSKI
BECKY TROMMER
AL WALZ



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MHC VETERANS ARE INVITED TO ENJOY BREAKFAST AT THE CENTER ON MONDAY, NOVEMBER 11th AT 8:45 AM. PLEASE RSVP BY WEDNESDAY, NOVEMBER 6th IF PLANNING TO ATTEND (814-824-2214, EXTENSION 101).

One of the Center's sponsors has coordinated a **FIRST CLASS FREE LUNCH** for **VETERANS** at the Ambassador Conference Center (upper Peach Street). Stop by the Center to pick up an informational flyer before it fills up!

MERCY HILLTOP SENIOR CENTER-NOVEMBER 2024

new

NEW FORMAT / PROGRAM

Nurse



The previous **Project CHAT** has been revamped and is now **Coffee, Conversation and Questions with Nurse Judy!** This **new format** will be introduced **on Tuesday, November 26th at 10:00 AM**. All members are invited to attend and can ask Nurse Judy any question (s) related to general health topics of their choice for discussion. Please join us! Nurse Judy is available for **in-person visits/appointments**, and 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!

FARMERS MARKET



Legacy Hydroponics offers the opportunity to **place ADVANCED ORDERS** for produce this winter! Orders can be placed at the Center's front desk and will be delivered. Questions? Please call 814-824-2214, extension 101. Thank you!



WELCOME NEW MEMBERS

WELCOME to our newest members of **Mercy Hilltop Senior Center**: Asuman Baskan, Louise Bucci, Teresa Chatman, Maria Cross, Robert Curtis, Kathy DeSante, Bernard Feltz, Rose and Richard Glover, Arlene (Faye) Jarmolowicz, Cathy Lojewski, Thelma and Jeffery Lopez, Laurie Rossi, Debra Verno, and Leo Viglione joined MHC in September.

FREE EVENING CONSULTATIONS



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 or CANCEL, or to schedule appointments for any of MHC's services, activities, events, classes, etc. **THANK YOU!**

MERCY HILLTOP SENIOR CENTER-NOVEMBER 2024

TUESDAY DOLLAR MOVIES FOR NOVEMBER



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.**

11/5/24: *Aloha* (2015 - 1 hour / 44 minutes - PG-13 - Romantic Comedy)

11/12/24: *The World's Fastest Indian* (2005 - 2 hours / 6 minutes* - PG-13 - Drama)

11/19/24: *Madame Web* (2024 - 1 hour / 57 minutes - PG-13 - Action/Adventure)

11/26/24: *The Terminal* (2004 - 2 hours / 9 minutes* - PG-13 - Romantic Comedy)

***Please Note Length of Film and Plan Accordingly!**



THIS MONTH'S FEATURED ACTIVITIES, TRIPS & EVENTS:

FRIDAY, NOVEMBER 1st AT 9:30 AM - *Microgreens Workshop with Remlee Peck* - Informational Flyers with Details and Cost are Available at the Center. **Please RSVP by Friday, October 25th.**

WEDNESDAY, NOVEMBER 6th AT 10:30 AM - Van DEPARTS from Center for our monthly LUNCH OUTING **See Details on Page 5! PLEASE ARRIVE AT THE CENTER BY 10:15 AM FOR A TIMELY DEPARTURE!**

THURSDAY, NOVEMBER 7th AT 5:30 PM - Journaling Workshop (includes dinner of sub sandwiches, side and beverage) with Sarah Trohoske from Erie County Library. **Please RSVP by Friday, November 1st.**

FRIDAY, NOVEMBER 8th FROM 11:00 AM - 2:00 PM - HOLIDAY SHOPPING SHOWCASE FEATURING VENDORS WITH HANDMADE GIFT ITEMS. All attendees have the opportunity to purchase a \$5 lunch special from the *Erie Hot Dog Cart* (hot dog, chips and beverage) ***NOTE: No regularly scheduled activities!**

TUESDAY, NOVEMBER 12th AT 10:00 AM - HEALTHY LIVING SUPPORT GROUP ***See Page 4 for Details!**

THURSDAY, NOVEMBER 14th AT 4:30 PM - FALL PREVENTION AND CARE BY *ASHLEY & KUZMA PHYSICAL THERAPY* **Please RSVP by Friday, November 8th.**

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

TUESDAY, NOVEMBER 19th 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 soon as space is very limited for this month's craft!**

WEDNESDAY, NOVEMBER 20th - LAST DAY TO DROP OFF HATS, GLOVES, MITTENS, SOCKS, UNDERWEAR FOR ELEMENTARY SCHOOL CHILDREN. *Iroquois Elementary School* representative will pick-up all donations from the Center on Thursday, November 21st at 9:00 AM. Thank you to all who participated!

THURSDAY, NOVEMBER 21st AT 4:30 PM - BOOK CLUB (Discussing: *Daisy Jones and the Six* by Taylor Jenkins Reid) ***If you are UNABLE TO ATTEND, please alert the Center to ORDER NEXT MONTH'S BOOK!**

Next Month's Meeting: Thursday, December 19th - *Christmas Bells* by Jennifer Chiaverini

CONTINUED ON PAGE 4



THIS MONTH'S FEATURED ACTIVITIES, TRIPS & EVENTS:

FRIDAY, NOVEMBER 22nd AT 9:00 AM - PANCAKE BREAKFAST WITH ALL THE FIXINGS WITH RICK AND DAWN OF *LEGACY HYDROPONICS* Cost is \$6 per person (paid to Center's front desk when making your reservations) and includes coffee/tea and orange juice) *Please RSVP by Monday, November 18th

THURSDAY, NOVEMBER 28th AND FRIDAY, NOVEMBER 29th - **THE CENTER IS CLOSED FOR ACTIVITIES IN OBSERVANCE OF THANKSGIVING.** Wishing all of our members, instructors and friends of the Center a very Happy and Blessed Thanksgiving! The Center re-opens (regular hours) on Monday, December 1st

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, November 12th at 10:00 AM.** The topic this month is *Reducing Stress with Simple Solutions*. There's no better time to get into a **routine NOW!** Come and learn to not just **manage stress, but to immediately recognize it and reduce it as soon as it starts**, especially with the upcoming hectic and sometimes unpredictable holiday season. **Leave feeling prepared to REMAIN CALM IN A SOMETIMES CHAOTIC SEASON!** Please RSVP (814-824-2214, extension 101), as space is limited.

MEDICARE OPEN ENROLLMENT APPOINTMENTS

Please see the **calendar on page 6** of this newsletter for the dates and times of *Medicare Open Enrollment Appointments*. Members can meet one-on-one with Bruce Davis of the *Davis Agency* here at Mercy Hilltop Senior Center. Please call 814-824-2214, extension 101 to make your appointment today!

SAVE THE DATE!

Be sure to **mark your calendars** for Monday, December 2nd at 3:00 PM for *Mercy Hilltop Senior Center's Christmas Social*. We are pleased to have **Cabaret and Concert Artist, ALICE FRAZIER** return to MHC to present her new show, *The Joy of Christmas* at 3:00 PM. Please stop by the Center to pick up Alice's informational packet with additional show details. **Refreshments will be served after Alice's concert in the Multi-Purpose Room.**

BECAUSE WE ANTICIPATE THIS EVENT TO FILL TO CAPACITY, RESERVATIONS WILL BE ACCEPTED STARTING ON MONDAY, NOVEMBER 4th AND WILL BE FIRST-COME, FIRST-SERVED. 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-NOVEMBER 2024

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 the restaurant and therefore, **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 BELOW**. The van fee is paid to MHC TO SECURE YOUR SEAT on the van. **Reservations at the restaurant are under *Mercy Hilltop Center* and are typically between 11:00 AM and 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:*

NOVEMBER 6th: *Vintage Wood Fire* (3826 West Ridge Rd, Erie) - **Van Departs at 10:30 AM**

DECEMBER 4th: *The Brewererie at Union Station* (123 West 14th St, Erie) - **SIGN-UP OPENS ON 11/1/24**

****IF PLANNING TO JOIN US, PLEASE RSVP BEFORE THE DEADLINE****

PLEASE STAY HOME IF UNDER THE WEATHER

With the VIRUS SEASON upon us, please help us to help YOU stay healthy through the fall/winter/spring! Please do NOT come to the Center if you have SYMPTOM (S) of ANY VIRUS. This includes: fever (low-grade or otherwise), body aches, runny nose, sore throat, cough, tummy troubles and anything in between. If you are unsure that you are falling ill, but just don't feel like yourself, please take the extra precaution, call your doctor, and **STAY HOME**. Thank you for keeping fellow MHC members, instructors, and staff well this season!

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



NOVEMBER BIRTHDAYS

NANCY STEPNOWSKI	NOVEMBER 1	SR. JOANNE COURNEEN	NOVEMBER 17
SHARON SWICK	NOVEMBER 1	MARY HORVATH	NOVEMBER 17
DIANE ABATA	NOVEMBER 2	JEANNE SHAW	NOVEMBER 17
ROSANNE BRAIN	NOVEMBER 2	DONNA SHAW	NOVEMBER 19
BARBARA CHROSCIELEWSKI	NOVEMBER 3	CYNTHIA GANSKA	NOVEMBER 20
MARY JASKIEWICZ	NOVEMBER 4	COLLEEN SKINNER	NOVEMBER 20
KATHLEEN SMITH	NOVEMBER 4	BRIAN JACKSON	NOVEMBER 21
BARB PETRONE	NOVEMBER 5	SUSAN MCCANN	NOVEMBER 22
PETER PROKOCKI	NOVEMBER 7	BEVERLY PARSHALL	NOVEMBER 22
WANDA SALVIA	NOVEMBER 7	PATRICIA MARSHALL	NOVEMBER 23
JUDI SANTI	NOVEMBER 9	JA-NE'T MOSKE	NOVEMBER 23
BRENDA VIGLIONE	NOVEMBER 9	LUPE' BILLINGSLEY	NOVEMBER 24
MARY WILLIAMS	NOVEMBER 11	JUDY ALLOWAY	NOVEMBER 26
PENNY TAYLOR	NOVEMBER 12	ELIZABETH BUTORYAK	NOVEMBER 26
BETTY KAZ	NOVEMBER 13	ANNABELLE FISCHER	NOVEMBER 26
MARY SLUSARZ	NOVEMBER 13	MARY DUDENHOEFER	NOVEMBER 27
PATRICIA GLOEKLER	NOVEMBER 14	GLENDINE ISHIMARU	NOVEMBER 27
KIMBERLY RILEY	NOVEMBER 14	LEO MARZKA	NOVEMBER 28
WILLIAM DESANTIS	NOVEMBER 16	CHRIS RUFENACHT	NOVEMBER 29
CHRISTINE ROSSMAN	NOVEMBER 16	CLAUDIA SCHNEIDER	NOVEMBER 29

Monday	Tuesday	Wednesday	Thursday	Friday
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November



1
9:30 AM Microgreens Workshop with Remlee
10:30 AM Silver Sneakers Fitness Class

CENTER CLOSSES AT NOON
REMINDER: Set Clocks Back This Weekend!

<p>4 PINOCHLE 9:00 AM Cardio Blast 9:45 AM Silver Sneakers Fitness Class 11:00 AM-2:00 PM Open Enrollment Appointments 12:00 PM Pinochle 12:00 PM Chair Yoga</p>	<p>5 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>6 9:00 AM Cardio Blast 9:00 AM Studio Art 9:45 AM Silver Sneakers Fitness Class 10:30 AM Van Departs for Lunch Outing 11:00 AM Canasta 12:30 PM Studio Art</p>	<p>7 9:00 AM Bridge 9:00 AM Knit/Crochet 12:00 PM Mahjong 1:00 PM Chair Yoga 2:15 PM Qi Gong 5:30 PM Journaling Workshop with Sarah from Erie County Library</p>	<p>8 11:00 AM - 2:00 PM HOLIDAY SHOPPING SHOWCASE *There are NO Regularly Scheduled Activities Today</p> 
<p>11  8:45 AM Vets Breakfast 9:00 AM Cardio Blast 9:45 AM Silver Sneakers Fitness Class 12:00 PM Pinochle 12:00 PM Chair Yoga</p>	<p>12 9:00 AM Chair Yoga 10:00 AM Healthy Living Support Group 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>13 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>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 Fall Prevention and Care with Ashley & Kuzma Physical Therapy</p>	<p>15 10:30 AM Silver Sneakers Fitness Class</p>  <p>CENTER CLOSSES AT NOON</p>
<p>18  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 12:30 PM-3:00 PM Open Enrollment Appointments</p>	<p>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 Dollar Movie 3:30 PM Line Dancing 4:30 PM Ballet 4:30 PM Painting Class</p>	<p>20 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 LAST DAY FOR SCHOOL CHILDREN DONATIONS!</p>	<p>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</p> 	<p>22 9:00 AM Pancake Breakfast (\$6 pp) Rick & Dawn (Legacy Hydro) 10:30 AM Silver Sneakers Fitness Class</p> <p>CENTER CLOSSES AT NOON</p>
<p>25 9:00 AM Cardio Blast 9:45 AM Silver Sneakers Fitness Class 11:00 AM - 2:00 PM Open Enrollment App'ts 12:00 PM Pinochle 12:00 PM Chair Yoga</p>	<p>26 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>27 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>28 CENTER IS CLOSED 29 CENTER IS CLOSED</p> 	

MERCY HILLTOP SENIOR CENTER-NOVEMBER 2024-7

FUNDRAISER

NOVEMBER FUNDRAISER

November'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 card.** On **Wednesday, November 27th (the day before Thanksgiving)**, the person whose name is on the **Joker Card** wins! The Center will notify winner. **If all 53 cards are purchased, the winner takes home \$132.50! THANK YOU FOR YOUR CONTINUED SUPPORT!**

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

Karen Karle, Board Chair

Bethany Woods, Secretary

Dina Scribner, Executive Director

Sr. Mary Felice Duska, RSM

Brian Hennessy

Linda Mackowski

Amy Danzer, Board Co-Chair

Laura Hellman, Treasurer

Carol Amann

Bob Harrington

Janet Kiehlmeier

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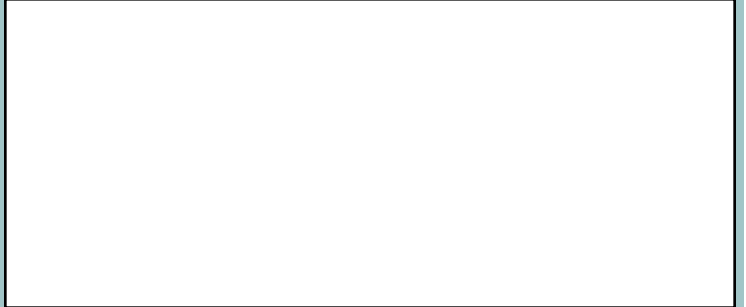
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